

THE  
POSIE OF  
GODLY PRAL-  
ERS, FIT FOR  
euery Christian to vse.

Contayning onely Prayers of  
*Repentance, remission of Sinnes, and*  
Thanksgiuing, with an excellent ex-  
hortation to forsake the World: and  
a perswasion not to feare Death.

Made and collected by *Nicho-*  
*las Themylthorpe* Esquire,  
*one of the Queenes Mai-*  
*sties Gentlemen Sewers.*

Now newly amended and enlarged by  
the same Author, and the ninth  
time imprinted.

*Vigilate & Orate.*

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*John Parker*, dwelling in *Pauls*  
*Church-yard* at the signe of  
*the Ball*. 1618.

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THE  
POST OF  
GODLY TRAVELLERS  
FOR

Containing only the most  
useful and necessary  
information for the  
traveller in the  
East and West  
Indies, Africa, Asia,  
and the American  
States.

By Thomas G. Smith,  
Author of the  
"Traveller's Guide to  
the East and West  
Indies," &c.

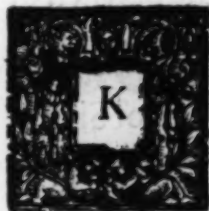
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1813.





TO THE  
MOST HIGH  
AND MIGHTY

*Princesse ANNE, Queene  
of ENGLAND, SCOT-  
LAND, FRANCE,  
and IRELAND.*



Nowing that  
Zealous pray-  
er and suppli-  
cation to God  
is the soules ef-  
fectual conference with God,  
most preualent for the re-  
mission of sinnes, and the  
principall meane, to reach

## THE EPISTLE

and giue from God to vs all  
graces and benefites, for our  
soules and bodies in this life  
temporall, and in the worlde  
eternall, and because I finde  
no prayer booke composed  
onely of Prayer and Thank-  
giuing, therefore to auoyde  
the trouble of reading many,  
the number of keeping many  
and most of all the burthen of  
bearing many, I haue col-  
lected the best prayers for re-  
pentance, remission of Sinnes  
and thankesgiuing, and ad-  
ded newe of my owne, which  
in most Zealous humblenesse  
and dutiful obedience, I pre-  
sent vnto your most excellent  
Maiestie, beseeching your  
Highnesse

## DEDICATORIE.

Highnesse to accept this, as  
the great Monarch *Artax-*  
*erxes* did the poore womans  
handfull of water, where  
in I shall accompt my  
selfe most happy,  
and euer re-  
mayne as  
I am.

*Your most faithfull and  
obedient seruant*

NICHOLAS  
THEMPLETHORPE

PROLOGUS

IN NOMINE DOMINI AMEN  
HIC SEQUITUR  
SACRAMENTUM

ET RITUS  
ECCLESIE

IN OMNIBUS  
SACRAMENTIS

ET RITIBUS  
ECCLESIE

IN OMNIBUS  
SACRAMENTIS

ET RITIBUS  
ECCLESIE

IN OMNIBUS  
SACRAMENTIS

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## To the Reader.



**A**S I haue (gentle Reader, spent my former TIME in worldly matters, so I am desirous to spend these latter dayes in godly and Christian exercises: & being moued to beginne with prayers, as the most principall exercise, and great meanes of mans saluation, I read ouer diuers prayer Bookes, but I found none onely of prayer & thanksgiuing, but many other matters in them. And for that my selfe and some of my friends are desirous to haue one onely Booke to beare about vs, I haue therefore set out such as serue to that purpose. The children of God haue ener from the beginning used Prayer for the supply of their corporall, and spiritnall necessities, and haue ener  
A S      gracionfly

## TO THE

*graciously obtained their petition, as well for themselves as others. Hagar by prayer had drinke for her sonne. Anna by prayer obtained a son, Isaac a wife, Iacob defence, Moses, David, Iehosaphat, Ezekias, Macabeus, and diners other attained victories : the Niniuites deliuerance from destruction : at the prayer of Ioshua the Sunne stooode still : so staid the Sunne 3. houres in the dayes of Henery the fift, till the Earle of Ormonde in Ireland with his small company ouercame Omore, Arthur, and others with their terrible armies. At the prayer of Alexander the Caspian mountaines closed, and inclosed the Iewes : and the sea Pamphilicon diuided it selfe to him and his armie, at the passage against Darius. Clenches first Emperour of the Tartars, Conquered all the Kingdomes to mount Belian, and then a Knight*

## READER.

*Knight on a white horse came to him and bad him conquer beyonde that mountaine: Clenches said hee could passe no further for the Sea, then the Knight bad him pray to GOD Almighty, and hee would shewe him a way; so Clenches prayed on the Mountaine, and as hee was in his prayers, hee saw the sea deuide it selfe where he & his armie passed through on dry ground, then hee conquered Cathea, and all the bordering countries: at the Prayer of the Christians and a poore Cobler, a mountaine in Mosull remooued from one place to another, whereby the Christians auoyded the cruell sentence of the unbeleeuing Calipho: by prayer, iron hath swome, the dead haue risen, and all other wonders effected, and of all GODS grations gifts, it is one of the chiefest. Also God commandes vs to call upon him, as when he saith, aske*

*and*

## TO THE

and you shall haue, watch, and pray,  
pray continually: the Lord is nie to  
them that call vpon him, yea vnto all  
such as call vpon him faithfully. Pray  
earnestly to GOD, for forgiveness of  
sinnes, with full purpose of amend-  
ment.

There are foure sorts of men to pray:  
some pray for others and not for them-  
selues, these are too proud and care-  
lesse: some pray for themselves & not  
for others: these are too uncharitable:  
some neither pray for themselves nor  
for others, they are too bad and un-  
christian: some pray for others and  
themselves, these are the best & god-  
liest.

In prayer obserue these five thinges:  
first that you direct your mind to God,  
next that we are commanded to pray,  
thirdly the promise, that he will heare  
vs when we pray, then that wee must  
pray in faith, lastly, to beleene to ob-

tainc



## READER.

taine the thing we pray for, let vs al-  
wayes pray, not with lippe labour, but  
with heartie affection, in spirit, faith,  
and truth, first giue thanks, then pray  
for remission of sinnes, faith, and all  
spirituall thinges, lastly for corporall  
blessings, and thinges belonging to it.

Pray for things eternall, spirituall,  
corporall, thinges present, and  
to come, for thy soule & bo-  
dy, and to be crowned  
with everlasting  
glorie.

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# THE POSIE OF godly Prayers.

*At thy vprising say.*



Rise, and enter into this day to glorifie my God, and walke in my vocation in the name of the Father, Sonne, and holy Ghost, Amen.

*Then pray thus.*

*A Prayer for the Morning.*

O Gracious Lord and most mercifull Father, which hast from the beginning of my age hitherto deliuered mee from all perils and dangers, both of soules  
and

and body, for which I most hartily thanke thee, and yet because I feele in my selfe so many faults and imperfections, such readines to euill, and slacknesse to doe good, I quake and tremble for feare of thy wrath, and sharpe Iudgement: but for that I know thou commandest me by prayer to craue of thee all things necessary for soule and bodie, and hast promised graciously to heare my lamentable suite, and mercifully to graunt mee my needfull requests and petitions, and I know thou canst and wilt performe them, therefore for Iesus Christ his sake, and in his blessed and holy name, and for thy mercie and truths sake, I humbly beseech thy fatherly goodnesse, to grant mee all things for this bodie and transitorie life, as shall be most agreeable.

*godly Prayer.*

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greeable to thy godly will and pleasure: and I humbly beseech thee, that I may alwayes pray in charitie, vse thy gracious gifts & benefites in charitie, and leade my whole life and conuerſation in charitie, that I may daily throw the aſſiſtance of thy holy ſpिरite, mortifie all my carnall luſtes and filthy affections: proſper me & mine in all our honeſt affaires: increaſe thy good giſtes in mee, and confirme and ſtabliſh mee in thy grace, that I may goe forward in all goodnes, and with an humble and contrite heart, and with a ſorrowfull and repentant ſpirit, I ſue vnto thee, moſt mercifull Father, beſeeching thee for mercy and forgiuenesse of all my offences, which in this night paſt, or at any time heretofore, I haue committed againſt thy good will and

and pleasure, by trespassing against thy godly Ma. in thought consent, worde, or deede: and I most heartily thanke thee, that thou hast preserved me this night past, and all the dayes of my life hitherto from all death, danger, and other mischiese, & I beseech thee blessed father, that thou wilt vouchsafe this day and ever here, after to haue a mercifull eye vnto me, support and sustaine mee, beare me vp and saue me, that I fall not into danger, nor breake thy commandements, giue mee grace to walke warily among the snares of my mortall enemies, the deuill, the world, and the flesh, and in all things to be prudent, and diligent to consider before what I shall speake, or doe that my whole thoughts, words, and workes, may bee to thy honour,

nour, laud, and glorie, to the edifying of my soule in vertue, and to the profit of my brethren, thorowe the gracious mediation of Iesus Christ my Lord and onely Sauour, Amen.

*Another prayer for the  
Morning.*

**O** Mercifull Lord God, I render most high laud, prayse, and thanks vnto thee, for that thou hast preserved, and kept me both this night, and all the dayes and times of my life hitherto, vnder thy most mighty protection, and hast suffered me to liue vntill this present houre, I most humbly beseech thee that thou wilt vouchsafe to receiue me this day and the residue of my whole life into thy tuition, ruling, and governing

6

*The posie of*

uerning mee with thy holy spirit,  
 that all manner of darkenes, mis-  
 beliefe, infidelitie, carnall lustes,  
 and affections, may bee vterly  
 chased and driuen out of my hart  
 and grant me a right and perfect  
 faith, that I may bee iustified and  
 saued both soule and bodie, and  
 let me walke in the light of thy  
 most godly truth, to thy glory  
 and prayse, to my comfort, and  
 my neighbours furtherance, tho-  
 row Iesus Christ my Lord and Sa-  
 uour, Amen.

*A prayer for the Morning.*

**O** Eternall God, and heauen-  
 ly father seeing that by thy  
 great mercie I haue quietly pas-  
 sed this night, graunt I beseech  
 thee that I may bestowe this day  
 and the residue of my life who-  
 ly



ly in thy seruice, so that all my  
thoughtes, wordes, and workes,  
may redownd to the glorie of  
thy holy name, and good exam-  
ple of my brethren: and as it hath  
pleased thee, to make the Sunne  
to shine vppon the earth, to giue  
vs bodily light, so vouchsafe to  
illuminate my vnderstanding,  
with the brightnesse of thy holy  
spirit, to direct me in the way of  
righteousnesse, so that whatsoe-  
uer I shall doe, my speciall care  
and purpose may bee, to walke in  
thy feare, and to serue and ho-  
nor thee, and that I may take no-  
thing in hand, which shall not be  
agreeable to thy most blessed  
will, and that I may in such sort  
trauail for my body, and this pre-  
sent life, that I may euer haue a  
regard to the heavenly life, which  
thou hast promised to thy chil-  
dren

dren : and that it may please thee  
to preserue and defend me both  
in bodie and soule, to strengthen  
me against all temptations of the  
deuill, to keepe me from all sins,  
and deliuer mee from all perils  
and dangers whatsoeuer. And  
furthermore I beseech thee to  
receiue mee this day, and the re-  
sidue of my whole life, into thy  
holy protection, continuing and  
increasing in mee daily thy grace  
and good gifts, and ( vouchsafe  
most mercifull Father ) to forget  
and forgiue all my sinnes, which  
I haue heretofore at any time  
committed against thee, and for  
thy infinite mercies sake, pardon  
and forgiue the same, for which  
and for all things els, which I any  
way stand in need of, I make my  
humble petition vnto thee, in  
the name of thy Sonne my Lord  
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and Saulour Iesus Christ, in such  
sort as he hath taught me saying,  
*Our Father which art, &c.*

*Another prayer for the Morning.*

**A**Lmighty and most graci-  
ous God, I heartily thanke  
thee, for the sweete sleepe and  
comfortable rest, which thou  
hast giuen me this night past, and  
for that thou hast commaunded  
by thy holy word, that no man  
should bee idle, but alwayes oc-  
cupied in godly, and vertuous ex-  
ercises, euery man according to  
his calling, I most humbly be-  
seech thee, that thine eyes may  
attend vpon mee, daily defend  
mee, cherish, comfort, and go-  
uerne mee, and all my counsels,  
studies, and labours, in such wise,  
that I may spend, and bestow  
this

this day, and the residue of my  
whole life, according to thy most  
blesed will, and pleasure, setting  
thee a wayes before mine eyes,  
liuing in thy feare, & working that  
that may be found acceptable in  
thy sight, hating wrong, and lo-  
uing Iustice. Also I beseech thee  
mercifull God, to strengthen and  
keepe mee in the faith of thy ca-  
tholike Church, and kindle in  
mee the loue, and light of thy  
holy spirit, that I may walke  
godly and vertuously in this life,  
die in the truth of thy word, and  
live with thee in euerlasting  
glory, grant this most mer-  
cifull God for thy deare  
Sonne Iesus Christ  
his sake, A-  
men,

godly Prayers.

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Another Prayer for the  
Morning.

**I** Humbly and heartily thanke  
thee O heauēly father, through  
thy dearely beloued Sonne Iesus  
Christ, that to thy innumerable  
benefites hitherto powred vpon  
my soule and bodie, thou hast  
kept mee this night past, and all  
the dayes and times of my life  
hitherto, from all euilles, spiri-  
tuall and corporall: wherefore I  
beseech thee to be mercifull vnto  
mee, to giue mee grace to repent  
and amend my sinfull life, that  
I may liue henceforth not as I  
will but as thou wilt: and as of thy  
goodnesse thou hast giuen mee  
time to repent and liue godly, so  
of the same thy goodnesse in  
Christ Iesus, I humbly beseech  
thee to giue me thy gracious gift

B

of

of true holy perfect & perpetuall  
repentance, that I may more and  
more lament my former sinfull  
life, trusting faithfully in thy rich  
mercie, thorowe the merites of  
Iesus Christ for the pardon of all  
my sinnes, and that I may vn-  
fainedly purpose and effectually  
labour to amend my life, and that  
all my thoughts, words, & deeds,  
may be to the prayse of thy holy  
name, and good example of o-  
thers. And for as much as thou  
knowest my ignorance, wicked-  
nesse & vnablenesse, to carry any  
crosse or affliction, I beseech thee  
sweete father so gouerne and or-  
der all things towarde mee, that I  
bee neuer further afflicted, pro-  
ued, or tempted, then thou wilt  
make me able to beare, and so  
assist and helpe mee in the same;  
as may bee to thy glory and my  
saluation

saluation through Iesus Christ  
my Lord and Sauour, Amen.

*A Prayer for the Morning by a  
Sinner, acknowledging his sins  
and asking forgiveness  
for the same.*

**A**Lmightie, mercifull, & most  
loving father, whose loue is  
infinite, whose mercie endureth  
for euer, I sinfull creature trust-  
ing in thy vnspeakeable good-  
nesse, and loue toward mee, doe  
appeare this morning before  
thy diuine maiestie, most hum-  
bly confessing my great, and  
manifold sinnes and offences,  
that I haue committed against  
thee, and the innumerable trans-  
gressions of thy most godly  
commaundement, and fatherly  
will: against thee O Father, a-  
gainst

gainst thee onely haue I sinned,  
I acknowledge my offences, I  
accuse my selfe, O Lord I can-  
not hide my vnrighteousnesse  
from thee, I finde in my selfe no-  
thing but disobedience, doubt-  
fullnesse of thy goodnes, incre-  
dulity, hatred of spiritual things,  
confidence in my selfe, and fer-  
uent lusting after carnall things,  
therefore I humbly beseech thy  
fatherly goodnesse, for thy Son  
Christ his sake ( whom thou hast  
sent for a purchaser of mercie for  
mee, thorowe faith in his blood )  
take away my hard heart, make  
me a cleane heart, and giue mee  
a true and liuely faith : haue mer-  
cie vpon mee O Lord my Sau-  
our, forgiue mee my sinnes, O  
Lord forgiue mee my sinnes for  
thy sonnes sake. O God and  
mercifull Lord, certifie my con-  
science



science of the remission and forgiveness of my sinnes by thy holy spirite, by whose operation mortific in me the olde man, and body of sinne, that I may die vnto sinne, and walke in newnesse of life, to the glorie of thy holy name, thorowe Iesus Christ my Sauour, Amen.

*A Prayer for the Evening.*

**I** Thanke thee O heauenly Father by thy dearly beloued son Iesus Christ my Lord and Sauour, that of thy free mercies thou hast preserved mee this day from all hurts and dangers: vouchsafe also I most humbly beseech thee to keepe mee this night, and ever hereafter to saue me from all my enemies both bodily and ghostly: giue my body quietnesse and

leepe, but let my mind and soule continually watch vnto thee, thinke on thee and thy holy law, that when the chearefull light of the day shall appeare, I being whole in bodie and soule, may ioyfully arise againe, be thankfull vnto thee, & diligently walke in my vocation, to my comfort, the glory of thy blessed name, thorowe Iesus Christ my Lord & Sauour, Amen.

*A prayer for the Euening.*

**O** Most gracious Lord, and mercifull Father, I thy most vnworthy child, and sinful creature, with humble heart prostrate my selfe before thy diuine maiesty, most humbly beseeching thee of mercie, and forgiuenesse of my sinnes, and iniquitie that

I haue this day or at any time  
since I was borne, committed a-  
gainst thee, I am heartily sorrie  
that I haue many wayes trans-  
gressed against thee, and doe aske  
mercie and forgiuenesse for the  
same. And with my whole heart  
I heartily thanke thee, that of  
thy great goodnesse, mercie, and  
grace, thou hast hitherto most  
safely preserued mee. And I be-  
seech thee most mercifull father,  
bee no more angry with me, nor  
forsake me, but continually assist,  
comfort, and strengthen mee, a-  
gainst all the assaults of the deuil,  
and bee my succour and defence  
this night, and vnto my liues end;  
that I neuer offende thy diuine  
Maiestie, or commit any sinnes  
or iniquity: and vouchsafe of thy  
abundant bountifullnesse, to re-  
fresh my weake body with con-

uenient rest, that I may to morrow with all diligence, the more readily serue thee in that estate wherein thou hast set me, that all my actions may so please thee, & by thy assistance bee gouerned, that after this vaine and transitory life, I may attaine the life euermore lasting, thorowe Iesus Christ our Lord and Sauour, Amen.

*A Prayer for the Euening, and  
forgiuenesse of sinnes.*

**I**Ycelde thee most humble and  
heartie thanks (O heauenly  
Father) for all thy graces, and be-  
nefites that I haue at all times  
heretofore receiued at thy boun-  
tifull hands from the beginning of  
my life vnto this present houre,  
and for the great benefite of my  
election before the foundation of  
the

the world, for my creation, redemption, iustification, & sanctification in Christ Iesus, for sparing me so long, and giuing me so large a time of repentance, deliuering me from all perils, bodily and ghostly, for drawing mee out of darkenesse, and bringing mee to the light of thy worde, for defending mee from all dangers past, and protecting mee vntill this present houre, and I most humbly beseech thee of thy goodnesse, O Lord, that it may please thee to take care and charge of mee this night, and all the dayes & times of my life hereafter, not to suffer mee to sleepe and slumber in sinne, and vngodlines, but that I may be alwayes watchfull and carefull for the coming of my Lord & Sauour Iesus Christ, that whensoever hee shall come,

he may finde mee prepared to receiue him, and that I may heare and enioye that comfortable sentence, come you bleis'd of my father inherit the kingdome prepared for you: to the which Lord Iesus Christ, I beseech thee to bring mee, who hast so dearly bought mee: To whom with the Father and the holy Ghost, be all honour, power, prayse, glory, and dominion, both now and for euer more, Amen.

*Another prayer for the Evening.*

**M**OST mercifull GOD, and tender Father, which beside thy most inestimable mercies, giuen and bestowed vpon mee, in making mee, in redeeming mee by the death of thy deare Sonne Iesus Christ,  
in

in calling mee to the knowledge  
of thy blessed worde, in kee-  
ping me in thy holy Church, and  
in thy most gracious governing  
mee, and all things hitherto, for  
my wealth and commoditie,  
which hast also most fatherly ca-  
red for mee, and hitherto kept  
mee from all daungers, both of  
soule, and bodie, giuing mee  
health, foode, apparell, and all  
other thinges necessary, for the  
comfort and succour of this  
poore and miserable life, which  
many other want: for these and  
all other thy good giftes and  
gracious benefites, which of thy  
onely goodnesse, and fatherly  
prouidence, thou hitherto hast  
and now doest poure vpon mee,  
I most humbly thanke thee, and  
praise thy holy name, beseech-  
ing thee to forgiue, hide, and  
bury

bury all my sinnes, which at any time heeretofore I haue committed againll thy holy commandements: and I beseech thee to grant me the guard of thy good Angels, to keepe mee this night, and so euermore, & grant good Father, that when I shall sleepe in death, my body may rest temporally, and my soule liue with thee eternally, to thy glory, and my ioy, thorowe Iesus Christ my Lord, Amen.

*A prayer for the Euening.*

**O** Eternall God, and most mercifull Father, who this day and all the time of my life hitherto, hast graciously defended, nourished, and preserued my soule, and bodie, and of thy louing kindnes hast most fatherly



ly provided for me, a poore sinner, not onely in giuing mee a rich portion of thy creatures, but also in that plentiful redemption, which thy most deare sonne Iesus Christ hath purchased for mee : grant vnto me, O mercifull father, the assistance of thy grace and holy spirite, that though my bodie take the naturall rest, yet my soule and minde may beholde thy goodnesse toward me, bee ioyfull in thee, and receiue such inwarde pleasure, and heavenly sweetenesse, in thy loue, that whatsoeuer I shall henceforth thinke, speake, or do, it may be all to the honour of thy holy name. And let thy mightie hand and outstretched arme, O Lord, be still my defence, thy mercie & louing kindnesse, in Iesus Christ thy deare Sonne my saluation,  
thy

thy true and holy worde my instruction, thy grace and holy spirit my comfort and consolation, vnto the end and in the end, thorowe Iesus Christ my Lorde and onely Sauour, Amen.

*When you goe to bed say, I lay mee  
downe to rest, in the name of the  
Father, the Sonne, and  
the holy Ghost.*

*Then pray thus.*

**O** Merciful Lord God, heauē-  
ly Father, whether I sleepe,  
or wake, liue or die, I am alwayes  
thine: wherfore I heartily beseech  
thee, that thou wilt vouchsafe to  
take care and charge of mee this  
night, & at all times hereafter, and  
not to suffer mee to perish in the  
workes of darkenes, but to kindle  
the light of thy holy spirit in my  
heart,

heart, that thy godly knowledge may daily increase in me, through a right and pure faith, and that I may alwayes walke, and liue after thy godly will and pleasure, thorough Iesus Christ my Lord & Sauiour, Amen.

*A Prayer before wee settle our  
selues to our deuotions.*

**O** Most gracious God, giue mee leave to present my selfe before thy diuine Maiestie, and to powre out my vnworthie prayers vnto thee: in the multitude of thy mercies **O** Lorde I come to make manifest my necessities (as a poore and needy wretch) vnto a God of infinite glory: I come as a worme, to my Soueraigne Maker: I come as a haynous offender, to a iust and  
seuere

seuere Iudge; thou O God prom-  
misest that who so asketh shall  
receiue, who so seeketh shall find,  
graunt mee therefore grace to  
pray vnto thee, as my dutie, and  
thy desert requireth, graunt mee  
a pure intention, a feruent de-  
uotion, that with humble heart,  
firme hope, and perfect charitie,  
I may effectually pray vnto thee,  
and aske of thee, that which thou  
seest most for thy glory, and my  
good. O mercifull Lorde helpe  
mee to pray worthily, that thou  
mayest graciously graunt my pe-  
titions: defend my weake heart  
from ghottly assaults, and so  
fixe my minde vppon thee, that I  
bee not carried away from con-  
sideration of thy presence: graunt  
mee attentiuely to applie my  
thoughts, and to bee wholly rai-  
shed and possessed with zeale and  
true

true deuotion. Grant me to aske  
forgiuenesse with deepe contriti-  
on, and full purpose of amend-  
ment: afford O Lord, such com-  
fort to my soule, as thou seest fit  
for me, and by the assistance of  
thy spirit, inspire thy good moti-  
ons into mee, that I may feele  
them forcibly, accept them thank-  
fully, and fulfill them effectually,  
and that I may deuoutly pray  
vnto thee with true repentance,  
appease thee, & for euer dutifully  
to serue thee.

*A generall confession of Sinnes.*

**A**Lmighty God & heavenly  
Father, I confesse and ac-  
knowledge, that I am a miserable  
and a wretched sinner, and haue  
many wayes most grieuously  
transgressed thy most godlie  
com-

commaundements, thorowe wicked thoughts, vngodly lusts, sinfull words and deeds, in my whole life. In sinne am I borne and conceived, and there is no goodnelle in mee, that without thy mercy I should perish for euer: so little help, comfort, or succour, is there either in me or in any other creature: onely this is my comfort (O heauēly father) that thou diddest giue thy dearly beloued son to the most vile, bitter, and slanderous death of the crosse for me, that he might so pay the ransome for my sinnes, satisfie thy iudgement, still, and pacifie thy wrath, reconcile mee againe vnto thee, and so purchase mee thy grace, fauour, and euerlasting life: wherefore thorowe the merite of his most bitter death and passion, and thorowe his innocent bloud-shedding,

shedding: I beseech thee O hea-  
uenly Father, that thou wilt  
vouchsafe to bee gracious and  
mercifull vnto me, to forgiue and  
pardon mee all my sinnes, to  
lighten my heart with thy holy  
spirite, to renew, confirme, and  
strengthen mee with a right and  
perfect faith, and to inflame mee  
in loue toward thee, & my neigh-  
bour: that I may henceforth  
walke as it becommeth mee, in  
thy most godly cōmandemēts,  
and so glorifie and prayse thee  
everlastingly: grant mee further  
O Father, that I may haue a qui-  
et heart and consience, and that  
I may in all temptations, afflicti-  
ons, necessities, and in the ve-  
rie panges of death, trust faith-  
fully in thee, and thy mercies.  
And for that thou hast comman-  
ded mee to pray vnto thee, I  
humbly

humbly beseech thee, for all things needfull for me, and pray vnto thee, as thy sonne him selfe hath taught mee saying, O our Father, &c.

*A Prayer of thanksgiuing, remission  
of sinnes, necessities in this life,  
and life everlasting.*

**O** God of Abraham, Isaac, & Jacob, thou God of pittie & all mercy, haue mercy vpon mee a wretched sinner, and forgiue me (I most humbly beseech thee) all my sinnes, and offences, that I haue euer committed against thee: blot out all my misdeedes, renewe a right heart, and create O God, a new spirite within mee. I thanke thee O heavenly father for all thy blessings and benefites which thou hast bestowed vpon mee,



mee, continue, multiplie, and increase thy good blessings vppon mee: stretch out thy handes of bountie ouer mee, and with thy eyes of mercie, looke vppon me, send mee O Lorde a sufficient liuing, make mee beneficiall to all, & not chargeable vnto any, blesse mee Lord, and giue mee grace to liue godly, and virtuously and raigne with thee eueralstingly: deliuer mee from all troubles, discontents, & worldly calamities: take mee O Lord, into thy owne tuition: blesse prosper, and protect all my proceedings: let whatsoeuer I take in hand, bee good: and let that come to a happie and successiue ende; let mee haue a care not to doe any thing that should offend thee, but let my whole desire bee to doe those thinges that may please

please thee: send O Lord thy angell from heauen to gouerne me and to deliuer mee (as hee did thy seruant Tobias) from all dangers: send O Lord thy grace from heauen to guide me, & thy wisdom from the highest heauens, to teach and direct mee: let mee not any more fall into sinne thorowe frailtie, but to blesse mee with thy blessings, that I may neuer offend thee, but that I may earely & late, night & day, and at all times and seasons, giue prayse and thanks to thy heavenly maiestie: that I may liue in this world, to my comfort, and thy glory, and raigne with thee in euerlasting glory, in the worlde to come, Heare O Lord, these my prayers, & for thy most deare mercies sake, and for my sweete Sauour Iesus Christ his sake,  
grant

grant my petitions. To thee O  
God the Father, Sonne, and holy  
Ghost, be all honour, dominion,  
power, and glory, now & for euer,  
world without end, Amen.

*A Prayer for forgiveness of sinnes,  
with a confession of his faith.*

O Lord God almightie, and  
Father of my Sauour Iesus  
Christ, I most earnestly beseech  
thee, for thy fatherly goodnesse  
and mercy, to pardon and for-  
giue me all my sinnes and offen-  
ces, and thorowe thy bountifull  
goodnesse and mercy deliuer me  
from all those sinnes and offen-  
ces, which by my frailtie, or any  
way else, I euer committed a-  
gainst thee: for I confesse and ac-  
knowledge, that I am a misera-  
ble, and wretched sinner, and  
haue

haue many wayes, most grieuouſly transgreſſed thy moſt godly will and commaundementes, thorowe wicked thoughts, vngodly luſtes, ſinfull wordes, and deedes in my whole life. In ſinne was I borne and conceiued, and there is no goodneſſe in mee, therefore thorowe the merites of the bitter death and paſſion of thy beloued Sonne Ieſus Chriſt my Sauour, and thorow his innocent bloud-ſhedding, I beſeech thee, O heauenly Father, that thou wilt vouchſafe to be gracious and mercifull vnto mee, to forgiue and pardon mee all my ſinnes and offences, to lighten my heart with thy holy ſpirit, to renew, confirme, and ſtrengthen mee, with a right and perfect faith : inflame in mee loue towards thee and my neighbour,  
that

that I may walke with a glad heart in thy commaundementes, and glorifie and praise thee eueralstingly : and that I may with a cleare conscience, and quiet and chearefull heart, in all temptations, afflictions or necessities, crie vnto thee earnestly and say Lord haue mercy vpon me a sinner &c.

*A godly prayer for forgiveness of sinne  
and all things needfull for  
soule and body.*

**O** Omnipotent eternall and euerliuig God, which hast made heauen and earth, the sea, thou onely maker of all thinges, preseruer and helper of them, & all things conteined in them : with thy sonne my Lorde Iesus Christ, and the holy Ghost : O most wise, mercifull, good, strong  
adiguo C and

and righteous iudge, which hast  
said thou wilt not the death of a  
sinner, but that hee conuert and  
liue: I thy poore creature and  
worke of thy hands, doe acknow-  
ledge and confesse my manifolde  
sinnes and offences, which from  
my youth vntill this time, in  
thought, word, and deede, I haue  
most grieuously committed a-  
gainst thee, and am most heartily  
sorrerie for the same, desiring thee  
for Iesus Christ his sake, to haue  
mercy vpon mee, and according  
to thy great mercy, forgieue mee  
all my offences. O Lorde I con-  
fesse, and acknowledge that I was  
borne in sinne and conceived in  
wickednes, and in my flesh dwel-  
leth nothing that is good, and of  
my selfe I am not able to thinke  
a good thought, much lesse to  
wish, and least of all to doe as I  
ought,

ought, therefore O Lorde I call  
to thee for grace, which hast pro-  
mised to heare them that call vp-  
on thee: assist O God, and guide  
mee with thy holy spirite, drawe  
mee vnto thee, make me O Lord  
poore in spirite, vile and lowe in  
my owne light, giue me thy grace  
that whensoever I be drawne in-  
to any sinne and wickednesse, ey-  
ther in thought, worde, or deede,  
that I may feele my owne infir-  
mitie and weakenesse, and that I  
may with speedie repentance  
turne vnto thee. Take from mee  
my stonie, blinde, vnbeleeuing,  
doubtfull, vnfaithfull, and vn-  
thankfull heart, my carnall, idle,  
secure, and impenitent heart, and  
giue me a heart to feare thee, loue  
thee, and trust in thee: write  
thy law in my heart and minde:  
let mee beleue, trust, and liue in  
thee

thee for euer, deliuer me from the  
spirite of pride, vaine-glory, hau-  
tinesse of minde, presumption,  
selfe loue, and trust in my selfe.  
Take from me O Lorde the wic-  
ked spirite of suspition, enuie, iea-  
lousie, grudging, whispering, or  
back-biting : keepe mee from  
wrath, malice, hatred, lying, e-  
uill wordes, contention, flatte-  
ring, dissimulation, hypocrisie,  
blaspheming, vaine swearing,  
lightnesse, idle words, and all vn-  
stablenes of heart: deliuer mee O  
Lord from all filthinesse both of  
the flesh and spirit, from vncleane  
thoughts, vnlawfull desires, euill  
concupisence, & lustes of the bo-  
die. Take from mee couetous-  
nesse and care of riches, all deceit  
and guile, all idlenesse and slouth,  
and giue mee not ouer to an vn-  
shamefast and obstinate minde,  
Make



Make mee able to beare wrongs  
with patience, and not recom-  
pence euill for euill. Make mee  
loath to giue occasions of euill to  
any, and if I doe, make mee wil-  
ling to confesse my fault, and a-  
mend it. Take from me O Lord  
a careful heart of worldly things,  
and graunt that neither pouertie  
oppresse me, nor riches lift me vp  
to forget thee, but in prosperitie  
make me thankfull and patient,  
and humble in aduersitie: Lord  
make mee merry without light-  
nesse, sad, without mistrust,  
sober, without dulnesse, true,  
without doublenes, fearing thee,  
without desperation, trusting in  
thee, without presumption: giue  
mee O Lord, the spirite of hum-  
blenesse, meekenesse, simplicitie,  
gentlenesse, goodnesse, faithful-  
nesse, and truth: graunt mee O

God the bowels of mercie, and  
louing kindneſſe to my brother,  
long ſuffering, and patience, to  
beare all things well that thou  
ſhalt lay vpon mee: regenerate  
my heart with the ſpirit of grace  
continually: and graunt mee an  
inwarde feeling of thy fauour  
and mercy towarde mee in Ieſus  
Chriſt my Lorde, that I may  
knowe thee to bee my God and  
Father, and mee thy childe for  
euer. O Lorde encrease my faith  
in thee, and in Ieſus Chriſt my  
redeemer, confirme my hope  
in thy promiſe, make perfect my  
loue toward thee, giue me a true  
and vnfained loue to all vertue,  
and godlineſſe, increaſe in mee  
O Lord, ſtrength, and victorie,  
againſt all temptations, and af-  
ſaults of the deuill, the fleſh, the  
world, and the vanities thereof,  
giue

giue mee grace to keepe a good  
conscience : giue me a pure heart  
and minde, and renew a right  
spirit within mee, giue mee the  
true vnderstanding of thy holy  
word, that I neuer swerue from  
the truth thereof, and that my  
chiefe felicity, may bee in the  
same, and in hearing, reading,  
talking, watching, praying, fast-  
ing, mortifying, & subduing, my  
owne will and members. O gra-  
tious Lord Iesus Christ, Sonne  
of the liuing God which was cru-  
cified, and raised againe for mee,  
and all other: which sittest on the  
right hand of the Father and art  
appointed the onely mediator for  
me vnto God, haue mercy vpon  
me, pray to thy heauenly Father  
for mee, sanctifie me, with the ho-  
ly Ghost, as thou hast promised,  
& send the spirit of truth to abide

with me for euer, kindle my mind  
and heart, with thy holy spirite,  
that I may truely beleue in thee,  
acknowledge, and cal vpon thee,  
giue thanks vnto thee, and obey  
thee: for I feele my selfe so charged  
with finnes, and infirmities,  
that I knowe not what to do, but  
offer vp my selfe wholly vnto thy  
mercies to be reformed, according  
to thy good will & pleasure. O eternal,  
most mighty, and euerglasting  
God, gouerne, and keepe me,  
lighten mee alwayes with thy  
gospel, rule & confirme my heart  
with thy holy spirite, and gouerne  
my study, poure on me thy spirit  
of grace, and prayer, make mee  
Lord happie, and diligent, in  
the workes of my vocation: take  
into thy custodie for euer, O  
sweete Sauour, my soule, bodie,  
life, and all that euer I haue: bee  
gratious

gratious vnto me, O Father, succour and helpe mee, in all necessities, graunt mee all thy blessings, and holy spirit, to sanctifie, and dwell in mee for euer. And O Lord haue mercy vppon mee, graft, plant, and sowe in my heart all vertues, and giue mee grace, so to vse them, and all other thy gracious gifts, as may be most to thy glory and prayse, to my consolation and comfort, and to the profite of thy Church. Heare O Lord my prayers, and forgiue mee all my sinnes, and wickednesse that I haue committed, and giue mee grace truly to repent the same : graunt vnto mee, O Lorde, true contrition of heart, that I may vehemently despise my sinfull life past, and wholly be conuerted vnto thee : I haue sinned, O Lord, I confesse it, and I

cannot deny it, but O my God,  
 pardon my trespases, release my  
 debts, and forgiue mee all my  
 sinnes: stop my woundes, for  
 I am plagued and beaten with  
 sinnes, and graunt mee grace,  
 with patience to attend thy di-  
 uine maiestie, increase in mee, I  
 most humbly beseech thee, O  
 most gracious God, the gift of  
 faith, that I may truely beleue  
 in thee, and in thy promise made  
 vnto mee, graunt this O Father,  
 for thy deare sonne Iesus Christ  
 my Lord and Sauour, Amen.

*A Prayer wherein the sinner ac-  
 cuseth himselfe for falling into sinne,  
 and asketh forgiuenesse for the  
 same.*

**D**Eare, tender, and most mer-  
 cefull Father, God almigh-  
 tic,

tie, great and dreadfull, which  
art mercifull to-whom it pleaseth  
thee, for thou art the father of  
mercy, & God of all grace, peace  
and comfort, which wilt not the  
death of a sinner. I therefore ear-  
nestly desire thee O Lord, to  
haue mercy vpon me, haue mer-  
cy vpon mee, O Lord, according  
to thy great mercy, & according  
to the multitude of thy mercy,  
put away my sinnes and offences,  
wash me O God, from my wicked-  
nesse, and make me cleane from  
my vnrighteousnesse. I acknow-  
ledge my sinnes, and doe accuse  
my selfe, of my euill deedes, I  
confesse my wickednesse, and re-  
belling against thy precepts, I  
haue beene a froward childe, and  
haue offended, & prouoked thee,  
with all my vanities, and sinnes,  
and haue not exercised my selfe,

in

in thy lawes. I haue turned  
backe, from thy waies, and haue  
done wickedly before thee. I  
haue walked after my owne  
thoughts, and fantasies, and  
not as thou wouldest, but haue  
runne, from sinne to sinne, fol-  
lowing the desires of my heart.  
I haue displeased thee by my  
inventions, and none of my  
sinnes, bee hidden from thee.  
I am not worthy to be called thy  
sonne, woe I am, that I haue  
gone from thee, greate is my  
griefe, that I haue ledde my life  
in sinnes, woe is mee, that I haue  
forsaken thee, and liued after my  
owne minde: but O Lord for-  
giue mee all my sinnes, doe not  
forget mee nor keepe thy mercie  
longer from me, heare mee now,  
O Lord graciously, and bee mer-  
cifull vnto mee, bee no longer  
angry



angry vvith mee, nor cast me  
awaie a contrite, and penitent  
sinner. Turnethee againe, O  
Lord God, and forgiue mee all  
my sinnes, and offences: hide  
not thy face from my praiers, but  
according to thy promises take  
me into thy fauour, for I am one  
of those, O Father, whome thy  
sonne hath redeemed with his  
most precious blood: and there-  
fore of thee, O Lord, I aske mer-  
cy, beseeching thee, to forgiue me  
all my sinnes, and to haue mercy  
vpon mee, for thy deare

Son, Iesus Christ his

sake my only Lord,

and Sauour,

Amen.

*A Prayer of a Sinner in trouble,  
thinking long for helpe, and  
trusting in Gods mercies,  
desireth helpe.*

**E**VEN vnto the throne of the  
highest power, I acknow-  
ledge O Lorde that I am a Sin-  
ner, beseeching thee O Lorde  
God almighty of thy goodnesse  
to doe with me according to thy  
great mercy, O Lord I am aba-  
shed, and ashamed to lift vp my  
eyes vnto thee, for my sins are as-  
sembled vp into thy sight: against  
thee O Father, against thee haue  
I sinned and done euill before  
thee, thou seest my iniquitie is  
great, I haue beene an offender  
against thee, euen frō my cradle,  
and since I sucked my mothers  
breasts, I haue not ceased to doe  
euill: I was begotten in sin, and  
brought

brought into the world in iniquitie, I cannot shake off my sinnes and offences, but carrie still with me, the infamie of my youth, behold O Lord I am sold vnder sin, and in my life I finde not that which is good, for the good I would doe, I doe not, the euill, I would not doe, I doe, all the thoughts and imaginations of my heart, haue beene euil euer since I was yong, let mee not die in my sins O Lord God, for thou wilt not the death of a sinner, but that hee repent and liue, thou art good and mercifull, & according to thy great mercie, saue mee thy vnworthie seruant, thou hast shewed thy mercie on thousands, so haue mercy vpon me O Lord God omnipotent, haue mercie vpon mee a miserable and wretched creature, my soule is troubled,

bled, therefore O Lord heale me,  
looke vpon me and deliuer me,  
howe long wilt thou reiect my  
prayers, how long wilt thou  
turne thy face away from mee?  
thy hand is not weakned O Lord  
but it may helpe, and thy cares  
are not stopped: therefore O  
Lord heare mee, how long O  
God, shall my mind be troubled  
with painful and heauy thoughts,  
how long shall sorrow torment  
my soule? how long shall my ene-  
mies triumph ouer mee? looke to-  
wardes mee O God, heare my  
prayers, giue light vnto my eyes,  
and let mee not sleepe in death,  
nor let not my sinnes preuaile  
against mee. Turne againe O  
Lorde, turne againe, and deliuer  
my soule, and saue mee for thy  
mercy sake. O Lorde rebuke  
mee not in thy anger, nor punish  
me

mee in thy great displeasure, cast  
not thy dartes at me, nor lay thy  
heauie hand vppon mee, let mee  
no longer beare thy anger, nor  
drinke of the cup of thy displea-  
sure. I haue no health for feare  
of my offences, I haue no rest nor  
peace when I behold my sinnes:  
my iniquities are gone ouer my  
head, and like a heauy burden  
they daily presse me downe: thou  
O Lord knowest my desire, and  
feelt my necessitie: forgiue mee  
all my sinnes, O Lorde God al-  
mighty, for thy owne sake, and  
for thy Sonnes sake, put out of  
thy sight my haynous offences:  
for thou hast promised forgiue-  
nesse of sinnes, to them that re-  
pent them of the same, haue mer-  
cie on mee, O good Father, haue  
mercy on mee, and for thy glo-  
rious name, be no longer angrie  
with

with me, but forgiue mee all my  
 sinnes, and take mee a sinner in-  
 to thy mercie, for the loue of our  
 only Sauour Iesus Christ, whom  
 thou hast sent to obtaine mercie  
 for my sinnes, thorowe faith in  
 his blood, who liueth and raig-  
 neth now and for euer, Amen.

*A prayer for a Sinner, reioycing for  
 the benefits receiued at Gods hand,  
 and asketh still his helpe and for-  
 giuenesse of sins.*

**I** Doe reioyce in thee O Lorde  
 which tookest vppon thee in  
 thy bodie my infirmities, and so  
 barest my paines, thou wast  
 made weake for my sinnes, and  
 wounded for my offences, and by  
 thy stroakes, vvere my wounds  
 healed, I went astray like as sheep  
 and

and followed my owne wayes,  
thou O Lord thorow thy loue &  
mercie, hast redeemed mee that  
was lost, & by thy bloudshed on  
the crosse, hast paid my ransome,  
thou diddest die for my offences,  
& by thy precious blood hast ta-  
ken away my sinnes, turne thy  
eyes of mercie O Lorde God,  
and looke vppon mee the worke  
of thy hands, and heale the infir-  
mities of mee thy weake creature,  
keepe mee from all euill wayes,  
and teach me by thy holy spirit,  
to choose the way of truth, I  
beseech thee O king of holinesse  
by my redeemer Christ, keepe  
mee in the right way, and vnite  
me vnto him in spirit, make mee  
to goe perfectly in thy pathes, &  
to hate all wicked wayes, wash  
my heart from malice, and cleanse  
me from my secret sinnes, cleanse  
me

me, O holy father, with the bloud  
of thy well beloued Sonne from  
all my sinnes, and deliuer mee  
from all my iniquities, purifie my  
heart by thy holy spirit from all  
filthinesse of sinne, and euill con-  
cupisence. O God almightie bee  
mercifull vnto me a Sinner, and  
for thy glorious name sake re-  
member my sinnes no longer,  
make me O God, to returne from  
my euill wayes, and wicked  
thoughts : remember not the  
sinnes and offences of my youth,  
but according to thy mercie bee  
mindfull of mee, for thy goodnes  
sake. O Lord my hope is in thee,  
my soule trusteth in thee, my  
soule looketh for thee, thou art  
mercifull, and with thee is plen-  
tious redemption: therefore haue  
mercie vppon mee according to  
the multitude of thy mercies, for  
thou



thou art full of pittie and mercy,  
turne not therfore thy face from  
mee, haue mercy vppon mee, O  
Lord God my sauour, pardon &  
forgiue mee my sinnes, for thy  
names sake. O righteous father,  
looke not vppon the multitude  
of my sinnes, but looke on the  
face of thy sonne Iesus, which  
bare my sinnes on his bodie on  
the crosse: turne thy face there-  
fore away from my sinnes, and  
put out all my iniquities, and  
make a cleane heart within mee,  
cast mee not away from thy pre-  
sence, and take not thy holy spirit  
from me, but helpe, and comfort  
me, establish me, with thy migh-  
tie spirit: mollifie my heart that I  
may walke in thy wayes, and not  
in the wayes of errour, helpe me  
and forsake me not, O Lord, my  
God, for thy Sonne Iesus Christ  
his

56      *The posie of*  
*his sake, Amen.*

*A Prayer wherein a sinner asketh  
forgiuenesse of his finnes, and de-  
sireth the true armour, to bee de-  
fended against the enemies of his  
soule, and confesseth God to be his  
Saviour.*

**E**Verlasting God, and most  
mercifull father, I most hum-  
bly beseech thee, for thy Sonne  
Christ his sake, to heare my pray-  
ers, and forgiue me all my finnes,  
and from henceforth, giue mee  
thy holy Angell to conduct, and  
strengthen mee with thy vertue,  
to withstand the euill deuises of  
the world, and the appetites of  
the sinfull flesh, arme mee with  
thy armors, the grace of thy ho-  
ly spirite, and mightie vertue,  
write

write in my heart, thy holy worde, lawes, and commandments, put vpon mee the breastplate of righteousness, direct my life, and conuersation, according to the Gospell of peace, giue vnto mee the shield of faith, to fight against sinne, and desperation, the helmet of health vnto my saluation, thorowe the merits of thy dearly beloued Sonne, Iesus Christ: for whose sake, I poore sinner, most humbly beseech thee, that thou wilt vouchsafe, to poure vppon mee thy holy spirit, to worke in my heart, minde, and soule, that I may alwayes doe thy will and pleasure, and vualke in this world, to thy honour, thou O Lord, hast made mee and giuen thy sonne, to die for my sinnes, O Father for his sake, haue mercie

cie vppon mee, O Lord Iesus,  
which hath bought mee with thy  
precious blood, receiue mee, and  
haue mercie vppon mee, and bee  
my mercifull mediatour to thy  
Father, that my soule may bee  
saued, O holy Ghost, coequall  
with the Father and the Sonne,  
haue mercy vppon mee. O Lord  
God, most louing, and merci-  
full father, I acknowledge my  
selfe vnto thee, a wretched sin-  
ner, yea such a sinner, as hath  
neede of grace, mercy, and fa-  
uour, for in thy sight, there is no  
man righteous: thou O Christ  
art the blessing of GOD, by  
whome all the nations of the  
world are blessed and made rich:  
thou deliueredst me, and all peo-  
ple, from hell, and damnation,  
thou art a shield vnto mee, and  
vnto all them, that trust in thee,  
thou

names sake. O righteous Father, looke not vpon the multitude of my sinnes, but looke on the face of thy sonne Iesus, which bare my sinnes on his bodie on the crosse: turne thy face therefore away from my sinnes, and put out all my iniquities, and make a cleane heart within mee, cast me not away from thy presence, and take not thy holy spirit from me, but helpe, and comfort mee, establish me with thy mightie spirit: mollifie my heart that I may walke in thy wayes, and not in the wayes of error, helpe mee and forsake me not, O Lord my God, for thy Sonne Iesus Christ his sake, Amen.

*A Prayer wherein a sinner asketh  
forgiuenesse of his sinnes, and de-  
sireth the true armour, to bee de-  
fended*

*fended againſt the enemies of his  
ſoule, and confeſſeth God to be his  
Saviour.*

**E**Verlaſting God, and moſt  
mercifull father, I moſt hum-  
bly beſeech thee, for thy Sonne  
Chriſt his ſake to heare my pray-  
ers, and forgiue me all my ſinnes,  
and from henceforth, giue mee  
thy holy Angell to conduct, and  
ſtrengthen mee with thy vertue,  
to withſtand the euill deuifes of  
the world, and the appetites of  
the ſinfull fleſh, arme mee with  
thy armors, the grace of thy ho-  
ly ſpिरite, and mightie vertue,  
write in my heart, thy holy  
worde, lawes, and commande-  
ments, put vpon mee the breaſt-  
plate of righteouſneſſe, direct  
my life, and conuerſation, ac-  
cording to the Goſpell of peace,  
giue

giue vnto mee the shield of faith,  
to fight against sinne, and des-  
peration, the helmet of health  
vnto my saluation, thorow the  
merites of thy dearely beloued  
Sonne Iesus Christ: for whose  
sake, I poore sinner, most hum-  
bly beseech thee, that thou wilt  
vouchsafe, to poure vppon mee  
thy holy spirit, to worke in my  
heart, mind, and soule, that I  
may alwayes doe thy will and  
pleasure, and walke in this  
world, to thy honour, thou O  
Lord, hast made mee and given  
thy Sonne to die for my sinnes,  
O Father for his sake, haue mer-  
cie vppon mee, O Lord Iesus,  
which hast bought mee with thy  
precious bloud, receiue mee, and  
haue mercie vpon mee, and bee  
my mercifull mediator to thy  
Father, that my soule may bee  
saued,

ſaued, O holy Ghoſt, coequall  
with the Father and the Sonne,  
haue mercy vppon mee. O Lord  
God, moſt louing, and merci-  
full Father, I acknowledge my  
ſelfe vnto thee, a wretched ſin-  
ner, yea ſuch a ſinner, as hath  
neede of grace, mercy, and fa-  
uour, for in thy ſight, there is no  
man righteous: thou O Chriſt  
art the bleſſing of GOD, by  
whome all the nations of the  
world are bleſſed and made rich:  
thou deliueredſt me, and all peo-  
ple, from hell, and damnation,  
thou art a ſhield vnto mee, and  
vnto all them that truſt in thee,  
thou forgiueſt all treſpaſſes, and  
healeſt all infirmities, thou de-  
fendeſt mee, and all people, and  
belleſt vs. Thou O Chriſt, art  
my ſauing health and ſanctifier:  
with thee is mercie, and plenti-  
ous



ous redemption : Yea, thou art  
the true God, and Sauour : all  
soules are thine, thou redee-  
medst mee, I haue no other Sa-  
uour, but thee, I will turne vn-  
to thee, O Lord, turne vnto me.  
I will aske mercie, of the Father  
in thy name, and I trust, I shall  
receiue it, that my ioyes may  
bee perfect : I belecue in thee,  
therefore I shall bee saued, thou  
art the way, the truth, and the  
life : without thee, none can  
come to the father. Thou camest  
into the world, to saue me and all  
that were lost, therefore I beleue  
in thee, and hope in thee, that  
thou wilt raise mee vp to euerla-  
sting life. I beleue that thou  
wilt saue me, haue mercy on mee,  
therefore, and forgiue me my sins.  
O Lord, who liueth and raigeth  
now and for euer, world without

*A sinner desireth forgiveness of  
his finnes, and a right and true  
faith.*

**O** Lord maker of heaven and  
earth, I confesse my selfe,  
from the very bottome of my  
heart, that I am a miserable  
wretched, and abhominable sin-  
ner, and haue wickedly trans-  
gressed thy godly commaunde-  
ments, the finnes alas that I haue  
committed, are as innumerable  
as the sande on the sea, they  
beare mee downe, as an intoler-  
erable burthen: in these finnes,  
**O** Lord God, I haue walked  
vntill this day, according to the  
desires of the world, and the euill  
lustes of the flesh, but whatso-  
euer I haue in this behalfe of-  
fended

fended thy most godly Maiestie,  
it sore repenteth mee, and the  
fault grieueth mee, to the verie  
bottom of my heart, saue mee,  
therefore O Lord, for thy great  
mercies sake, for vnto thee O  
God, of my comfort, I wret-  
ched sinner doe come, crauing  
of thee thy mercy, ineline there-  
fore thine cares vnto my cal-  
ling O Lord, and consider the  
request of my heart, and graunt  
vnto me O Lord thy seruant, the  
strength of thy holy spirit to sub-  
due the bodie of sinne, with the  
lustes thereof that it may bee o-  
bedient in will and minde vnto  
thy lawes, for no man can helpe  
mee but thou O Lord, who hast  
brought my soule out of hell, and  
hast holpen me from falling into  
destruction: put away from mee  
O Lord that which is euill, for  
thou

thou art holy, and saue thy seru-  
uant which euer trusted in thee.  
I will acknowledge I haue all  
my strength of thee, for thou  
art my hope, my portion,  
my GOD, and my Sauour,  
Haue mercy therefore vpon mee  
O Lorde, and according to thy  
great mercie doe away my offen-  
ces: looke on mee with the eyes  
of mercie, sprinkle mee with the  
sweete Ilope of grace, cleanse mee  
from my sinnes: wash mee and  
I shall bee whiter then Snow,  
quench the desire of sinne in me,  
open my lippes that my mouth  
may set foorth the prayse of thy  
holy name. O Christ Sonne of  
God, haue mercie vpon me, O  
holy Gnost, giue me a new heart  
and a right spirit to laud & prayse  
thee, turne me wholly vnto thee  
O Lorde, and take my sinnes a-  
way

way from mee. O Lambe of God  
heale mee, and I shall bee whole :  
saue me, and I shall be saued : for  
thou O Christ art my hope, thou  
hast taken vpon thee my diseases  
and wast wounded for my offend-  
ees : and wilt, I trust pardon mee  
all my sinnes, there is no saluation  
but in thee, nor no other name  
wherein I must bee saued : but by  
thee O Christ, thorowe thee I  
haue redemption and remission  
of my sinnes, thou hast made  
satisfaction for mee, thou diedst  
for mee and for my sinnes, and  
wast buried, and rose againe, and  
ascendedst into heauen, and sit-  
test on the right hand of God, in  
the glorie of the father : thou art  
my aduocate and obtaineest mer-  
cie for my sinnes, thou art holy,  
which was, is, and is to come. I  
beleue that thou shalt come to

be my Iudge, therefore I beseech thee, O Lord let not my sinnes loose me, whō thou hast bought with thy precious bloud, but haue mercie vppon mee O Lord God holy Ghost, haue mercie vppon mee, and worke thy diuine grace in mee, that I may bee saued thorowe my Lorde Iesus Christ, saue mee O Lorde, for I beleue that I shall see the pleasures of thee, in the land of the liuing, grant mee O Lorde, a right and true faith: forgiue mee all my sinnes, and make me daily more and more to walke in a new way, and vpright life, that I may vtterly dispise all worldly things, that I may bee continent, pure of liuing, temperate, good, righteous, diligent in all goodnesse, meeke, mercifull, modest, humble, and readie to forgiue  
all

all that offend mee, and liue all  
the dayes of my life, according  
to thy diuine will, and true feare,  
that I may die in the worlde, to  
all sinne, and to my selfe, and  
with a good confidence, and a  
merry heart, looke for the com-  
ming of thee, O Lorde my Sau-  
our Iesus Christ, to whome with  
thee, and the holy Ghost, bee all  
honour, & glory for euer, Amen.

*A Prayer for a sinner, desiring God  
to poure his grace vpon him, who  
doth faithfully beleene, that God  
will freely forgive him his sinnes.*

**H**Onour and prayse bee gi-  
uen to thee, O Lord God,  
for seeing whereof I stand in  
neede, and so blessing mee with  
thy manifolde blessings, I crase  
thy mercie and grace to bee my  
guide,

guide, wherefoeuer I goe: Receiue  
O Iesu my soule and bodie into  
thy handes, for thou hast bought  
mee with thy pretious bloud. O  
Lorde saue mee for thy mercies  
sake, and be my defender all the  
dayes of my life. Thou art the  
gift of the Father to saue sinners,  
I beseech thee O sweete Iesu saue  
and deliuer me from all euils, bo-  
dily and ghostly now & for euer,  
that I may prayse and worshippe  
thee in this life, and in the world  
to come: against thee O Lord, a-  
gainst thee haue I sinned, I con-  
fesse that all my life time I haue  
beene a sinner, & haue grieuou-  
sly offended thee, I haue gone a-  
stray like a lost sheepe, and haue  
beene an vnprofitable seruant, &  
there is no goodnesse in mee: but  
I confesse my sinnes O Lord vn-  
to thee, and doe earnestly repent  
that



that euer I offended thee, being  
so louing a father, and so gentle  
a Lord: and cry with *Dauid*, and  
say, haue mercy vpon me O Lord  
according to thy mercies, and ac-  
cording to the multitude of thy  
mercies doe away my offences,  
wash mee thoroughly from my  
wickednes, and cleanse mee from  
my sinnes, for I acknowledge my  
faults, and my sinnes are euer be-  
fore me. I cry with the lost sonne  
O Father I haue sinned against  
heauen, and against thee, and am  
no more worthy to be called thy  
sonne. I cry with the Publican,  
and say, O Lord be mercifull vn-  
to me a Sinner. I cry with the  
blind, Iesu sonne of *Dauid* haue  
mercie vpon mee: and I faithful-  
ly belecue that thou wilt freely &  
mercifully forgive me all my sins,  
bee they neuer so many, or grie-  
uous.

uous, if I faithfully aske them: for  
by faith I am made of the childe  
of wrath, the sonne of God: by  
faith I am married vnto Christ:  
by faith my heart is purified, Sa-  
than overcome, and the worlde  
vanquished, by faith I am preser-  
ued from damnation, iustified, &  
made righteous, by faith, the  
wrath of God is aswaged, and I  
worke thy will O God, by faith  
my prayers are heard, & requests  
granted: by faith I please thee O  
God, and am made the childe of  
light: by faith I am borne anew  
and made the temple of the holy  
Ghost: by faith I preuaile against  
the gates of hell, & am made the  
heire of thee O God, and fellow  
heire with my Lord and Sauour  
Jesus Christ of thy everlasting  
glory: faith is richer then all trea-  
sure, stronger then all corporall  
power

power, and more healthfull then  
all Philitions. Graunt mee there-  
fore O Lord a true faith, and  
let mee cleaue to the mercifull  
and comfortable promises of  
thee O God, so shall I bee sure  
to haue remission and forgive-  
nesse of all my sinnes. I belecue  
thee O Lord, helpe thou my vn-  
beliefe, increase this my faith in  
mee. I most humbly beseech  
thee for Christ Iesus his sake,  
mercifully to behold mee, a most  
miserable sinner, and clearely to  
forgiue mee all those sinnes and  
wickednesse, which I haue com-  
mitted against thee from my  
birth vntill this present time: for-  
giue me O Lorde, all my sinnes  
for thy name sake, though they  
be great, and many: remember  
not the sins and offences of my  
youth, nor my former sinnes but  
according

according to thy mercy thinke  
 vpon mee O Lord, for thy good-  
 nesse sake : and haue mercy vpon  
 me and that right soone : helpe  
 me O God of my saluation : O  
 deliuer mee, and be mercifull vn-  
 to mee a sinner, for the glorie of  
 thy name sake. So shall I giue  
 thee thanks for euer, and mag-  
 nifie thy blessed name, world with-  
 out end, Amen.

*A very godly Prayer with many  
 petitions.*

**O** Lorde poure downe thy  
 heavenly grace and father-  
 ly fauour vpon mee, that I be-  
 ing assured of thy fauourable  
 goodnesse towards mee, may re-  
 ioyce and glory in thee : vouch-  
 safe O sweete Father, to send thy  
 holy spirit vnto mee, which may  
 make

make mee a newe creature, put  
away from mee all fleshly lustes,  
fill my heart with newe affectes,  
and spirituall motions: and thro-  
rowe his godly inspiration, re-  
new mee both in bodie and soule,  
that I may die vnto sinne, and  
liue vnto thee in newnesse of life,  
seruing thee in holynesse, and  
righteousnesse, all the daies of my  
life. O send thy wisdom out of  
thy holy heauens, and from the  
throne of thy Maiestie, that thee  
may bee with mee, and teach me  
thy will, and what is acceptable  
in thy sight, conduct mee right-  
ly in thy workes, and preserve  
mee in her power, remoue from  
mee O heavenly Father my lewd  
stubborne, and vnfaithfull heart,  
and create in mee a cleane, and  
godly heart, cleanse from mee all  
wicked thoughtes: breath into  
my

my heart, thorow thy holy ſpirit,  
godly & ſpiritual motions, that  
I may bring forth good workes,  
to the prayſe and glory of thy  
name: graunt me O Lord, a qui-  
et minde, and a contented con-  
ſcience: free mee from the dam-  
nable accuſatiōs of Sathan, from  
the craftie perſwaſions of the  
worlde, from the ſubtile intice-  
ments of the fleſh: giue vnto me  
the precious gift of faith: giue  
mee Chriſtian loue, and perfect  
charitie, that I may loue thee,  
my Lord and God, with all my  
heart, with all my minde, ſoule,  
and ſtrength. Let mee loue my  
neighbours as my ſelfe: giue me  
grace patiently to ſuffer my ene-  
mies: to forgiue and pray for  
them. Take from mee all, pride,  
and haughtines of mind, graft in  
me true humilitie: giue me grace  
to

to be mercifull, and liberall to all  
that haue need: preferue my soule  
from all vice, and my body from  
sicknesse: make mee able with  
strong faith to resist Sathan,  
with seruent prayer, to mortifie  
the lustes of the flesh: with medi-  
tation of thy holy law to auoyde  
the vanities and pleasures of this  
wicked world: suffer mee not to  
be ouercome of Sathan, nor his  
seruants: but grant mee a strong  
faith to ouercome them: sende  
thy heauenly Angelles to pitch  
their tents about mee: and deli-  
uer mee from their tyrannies:  
make mee of that number O  
Lord, whom thou hast ordained  
to bee saued: place mee among  
thy sheepe: write mee in thy  
booke of life, graunt mee these  
petitions Lord, and whatsoever  
else is needfull for mee, O most  
mercifull

mercifull father for thy deare son  
Iesus Christ his sake, to whom  
with thee and the holy Ghost, be  
all honor, and glory, world with-  
out end, Amen.

*A Prayer for grace and remission  
of finnes.*

**O** Almighty God, and father  
of our Lord Iesus Christ,  
the God of all comfort and con-  
solation, haue mercie vppon me,  
heare my Prayers I most hum-  
bly beseech thee, for thy deare  
Sonne Iesus Christ his sake, for  
his merites and the cruell death  
hee suffered to deliuer mee from  
eternall death : send into my  
heart the spirit of truth, to worke  
in mee a true, stedfast, and liuely  
faith : that the brightnesse and  
clearenesse of thy Gospell, may  
shine



shine in mee, and lighten my minde : that I may vnderstand the vnspeakeable riches of my redemption, in and by Christ : open the eyes of my minde, that I may knowe what the hope is whereunto thou hast called mee : and how rich the glory of thine inheritance is : that by true faith, I may bee an vnfaigned professor of thy holy name, and worship thee in spirit and truth. Write in my heart the loue of thy law, and hate to all sinne : bee mercifull vnto mee, I heartily beseech thee most mercifull Father, for thy Christ his sake, and for his deaths sake, thy mercy, truth, and promise sake haue mercy vppon mee, pardon and forgive mee all my sinnes, iniquities, and offences, whatsoeuer I haue committed against thee, in thought, word,

or

or deede, at any time heretofore  
by any meanes. Though I bee  
poore, my Christ is rich : though  
I bee a sinner, he is righteous:  
though I bee vnpure, yet hee is  
pure, and holy: for his sake there-  
fore, be mercifull vnto me : wash  
me from my filth and wickednes,  
cleanse mee from my euill : for-  
giue mee my sinnes : forget my  
iniquities, poure out thy holy spi-  
rit vpon mee, write thy law in my  
heart, graue it in my minde, giue  
me the spirit of prayer : make me  
diligent and happie in the workes  
of my vocation : take into thy  
custody and gouernance for euer  
my soule, and my bodie, my life,  
and all that euer I haue. Tempt  
mee neuer further then thou wilt  
make me able to beare: and what-  
soeuer thou knowest I haue need  
of in soule or bodie, deare God  
and

and gracious father vouchsafeto  
giue me the same: and as thy child  
guide mee so that my life may  
please thee, and my death prayse  
thee, thorowe Iesus Christ my  
Lord. For whose sake I heartily  
pray thee to grāt me these things  
thus asked, and all other things  
necellary for my soule and body:  
and grant vnto mee poore crea-  
ture, thy blessings and holy spi-  
rite to sanctifie mee, and dwell in  
me as thy deare childe: to keepe  
me this day and for euer from all  
sinnes and euill, to thy eternall  
glory, and my euerlasting com-  
fort, & the profit of thy Church,  
which mercifully maintaine, che-  
rish, and comfort: keepe mee in  
thy truth, poure vpon me O Lord  
thy holy spirit of grace and wise-  
dome, to gouerne and lead my  
body and soule in thy holy word,  
and

and commandements: shew thy  
mercie vpon mee, and so lighten  
the natural blindnes of my heart,  
that I may daily bee renewed by  
thy holy spirit. Open my heard  
heart, & grosse eares to read thy  
word, heare thy heavenly voyce,  
and belecue and follow it in my  
life and conuersation, and euer  
hold fast that blessed hope of e-  
uerlasting life: mortifie and kill  
all vice in mee, that my life may  
expresse my faith in thee: merci-  
fully heare the humble supplicati  
on of thy seruant, and grant me  
thy peace all my dayes: for Christ  
his sake, bee mercifull vnto mee,  
cast all my sinnes out of thy sight  
pardon my infirmitie, and defend  
me in all dangers, both outward-  
ly in my bodie, goods, and name,  
and inwardly in my soule, a-  
gainst all temptations and sub-  
till

till baytes of Sathan: grant that I  
may truly and godly serue thee:  
increase in me true religion, re-  
plenish me with all goodnes: and  
of thy great mercie keepe me in  
the same vnto the ende, giue vn-  
to me the spirit of prayer, true hu-  
militie, perfect patience, and con-  
tinuall ioy in the holy Ghost: and  
for asmuch as I must bee at warre  
with many enemies, grant mee  
grace and arme mee with thy de-  
fence, that I may stand with an in-  
uincible cōstancy against all cor-  
ruption, wherewith I am compas-  
sed on all sides, vntill such time  
as I hauing ended this combate,  
which during life I must sustaine,  
I may in the ende attaine to thy  
heavenly rest, which is prepared  
for me thorowe Iesus Christ my  
Lord and Sauour, Amen.

*E**Another*

*Another prayer for remission of  
Sinnes.*

**O** Eternall God, behold mee  
a poore and sinful creature  
and a worme of the earth: against  
thee O holy Father, against thee  
haue I sinned: gracious God cast  
not away a contrite and penitent  
heart, humbly calling vpon thee,  
but turne thy eyes of mercy to-  
ward me, and forgive me the sins  
of my youth: cast me not away  
nor take not thy holy spirit from  
me, but giue me the comfort of  
thy helpe, and stablish me in thy  
truth, keepe me thy poore crea-  
ture, and destroy me not because  
of my iniquitie, but be mercifull  
vnto me for thy son Iesus Christ  
his sake: let not thy heauie hand  
of Iustice destroy mee, neyther  
leauue mee in my sinnes, pittifull  
Father,

Father, euen of thee which art the  
God of mercie, I wretched sin-  
ner doe aske mercie and forgiue-  
nesse of all my sinnes : therefore  
for the glory of thy name deliuer  
me from sinne, and forgiue me  
all my sins : for as thou art God  
so art thou gracious and mercifull  
and wouldest that none should  
perish, but all should bee saued.  
Spare mee O Lord and for thy  
name sake forgiue me all my  
sinnes, and put out of thy sight all  
my offences : giue mee a new  
heart, and take from me all wic-  
ked desires, that I may euermore  
liue according to thy will : giue  
vnto my eies good store of light,  
that I sleepe not in death, and  
that my sins preuaile not against  
mee: worke in me O holy spirit,  
that I may euer desire and couer  
that which is most pleasant and  
acceptable

acceptable in thy sight: and that  
I haue no desire, to will or not  
to will, but as thou wilt. O God  
most holy, mightie, and mercifull  
Saviour, bee mercifull vnto mee,  
and cast mee not off in my age:  
forsake me not, nor shut not thy  
eares from my prayers: Bee mer-  
cifull vnto mee, and forgiue mee  
all my sinnes. Most deare and  
blessed Saviour, comfort the  
soule of thy seruant, for vnto thee  
doe I lift vp my heart and mind:  
shew mee thy mercy, and grant  
me thy saluation, early in the mor-  
ning will I cry vnto thee, for thou  
art good and gracious, & of great  
mercie to them that call vppon  
thee: deliuer me from among the  
wicked, that I may giue thanks  
vnto thy holy name: make mee  
so vnderstand thy truth, knit my  
heart vnto thee, that I may feare  
thy



thy name. Turne thee vnto mee  
and haue mercy vppon mee, and  
giue mee thy helpe and succour.  
Heare the prayer of thy seruant,  
hide not thy face from mee: but  
haue mercy vppon mee, I will al-  
way call vpon thy name, bee thou  
present with mee, and forsake me  
not, but in the day of iudgement  
vouchsafe O blessed king to place  
me among thine elect, and holy  
people, that I may beholde the  
glorious countenance of thy di-  
uine Maiestie, and bee filled with  
the exceeding sweetenesse of thy  
blessed presence, which is life e-  
uerlasting: grant this for thy mer-  
cies sake, Amen.

*A Prayer for true repentance.*

**O** Lord God which art full of  
mercies, and compassion,  
E 3 long

long ſuffering, and of great good-  
nelle, which continuelt thy mer-  
cie for thouſands, taking away  
iniquitie, ſinnes, & offences, thou  
calleſt after thy wonted mercy by  
thy word to repentance, & hear-  
tie conuerſion: for vnto all and  
euery one is repentance and for-  
giuenesse of Sinnes preached in  
thy name. I acknowledge the  
riches of thy lenitie, patience, and  
long ſuffering, in that thou doeſt  
not ſuddenly take away ſinners  
from the earth, ouerthrowe  
them in their wicked deedes do-  
ing, but giueſt them a ſpace to re-  
pēt, which is a moſt notable argu-  
ment that thou wilt not the death  
of a ſinner, but that he be conuer-  
ted and liue: for thou art merci-  
full ouer all, and forbearſt the  
ſinnes of men for their amend-  
ment: thou loueſt all things that  
are,

are, and hatest nothing that thou  
hast made: therefore vnto thee  
O most mercifull GOD, doe  
I cry, which knowest the heard-  
nesse of my heart, and that I haue  
no power of my selfe to rise vppe.  
Conuert mee therefore O Lord  
and I shall bee conuerted. O  
shew mee my offences, that stri-  
king my thighes, I may bee hear-  
tily sorie for my sinnes commit-  
ted: heale me O Lord and I shall  
bee whole: saue me and I shall be  
saued, for thou art my prayse: be-  
hold me a sheepe, wandring, and  
readie to perill: seeke thy ser-  
uant O Lorde that I forget not  
thy commandements. O Iesus  
Christ looke vppon me with the  
cies of pittie, as thou lookedst on  
the sinfull woman in the banquet  
which prostrate at thy feete, did  
bitterly bewayle her wickednesse,

saue me as thou didst the Pub-  
lican, who standing a farre off in  
the Temple, and striking his  
brest said, Lord be mercifull vn-  
to me a sinner: grant that among  
the feares, & terrors of conscience  
I may take hold of thee by a liue-  
ly faith, which hast redeemed  
mee from the curse of the lawe, &  
art made for me wisdome, righ-  
teousnesse, sanctification, and re-  
demption: keepe mee O Lord  
from desperation, and let me flie  
to thee my mediator, & thorow  
faith haue peace with God. Re-  
store in mee the light of thy law,  
that from my heart I may obey  
thee my redeemer, and walke in  
newnesse of life: thou which hast  
suffered for me in the flesh, giue  
mee grace that likewise in the  
same minde I may bee armed for  
the mortification of the flesh, that

I

I liue not after the lustes of men,  
but after the will of God. I am  
sory that I haue spent the time of  
my life that is past in wantonnes,  
in lusts, in excelsse of eating, and  
drinking, and other sins and wic-  
kednes: mollifie my heart, that I  
may earnestly repent all my for-  
mer sins & offences, and for thy  
most deare mercies sake O Lord  
forgiue mee the same: keepe the  
deuill vnder, that hee trouble not  
my conscience with reckoning vp  
of my sinnes, or extenuating thy  
mercie: but graunt mee truely to  
come vnto thee by heartie repen-  
tance: and that I may at all times  
and in all places, lifting vp pure  
handes, pray vnto thee and say,  
Lord forgiue me all my sinnes &  
offences: and with deepe sighing  
and sure confidence, continually  
persist in making my praiers, sup-

E 3

plica.

plications intercessions, and gi-  
 uing of thankes for all thy tempo-  
 rall and heauenly benefits & bles-  
 sings bestowed vpon mee. Heare  
 O Lord both now, and euermore  
 all my prayers, and grant my re-  
 questes, for Iesus Christ his sake,  
 who liueth & raigneth with thee  
 in the vnitie of the holy spirit, a  
 God now & for euermore, Amen.

*A Prayer for the remission of  
 Sinnes.*

**O** Mercifull God, if I wretch-  
 ed sinner, had not promi-  
 ses in the holy Scriptures, of thy  
 tender mercies, for the comfort  
 of my weake conscience, and sor-  
 rowfull heart, I should haue no  
 remedie, (my sinnes are so great)  
 but must dispayre. But though  
 my sinnes were neuer so many  
 and

and abhominable, yet thy louing  
kindnesse: are more innumera-  
ble, and thy mercies more in-  
finite, thou wilt not the death  
of a Sinner, but that hee turne  
and liue: thou camest into the  
world to call sinners: to saue of-  
fenders, to seeke that was lost, to  
ease those that were loden with  
sinne. O put my euill thoughts  
out of thy sight, wash me & make  
me cleane, make me leaue to doe  
euil, and learne to do good: apply  
my selfe to equitie, assist the op-  
pressed, help the fatherlesse, heare  
the widdowes, and let my scarlet  
sinnes be made as white as Snow,  
and my purple offences, like prue  
white wooll. Cast my misdeedes  
behind thy backe, & neuer more  
remember them, forgive me my  
finnes, heale my infirmities, saue  
me from destruction, & crowne

me

me with mercy and louing kind-  
nesse: deale not with mee accor-  
ding to my sinnes nor reward me  
after my wickednesse. Looke how  
wide the East is from the West, so  
farre hast thou set my sins from  
me, as a Father pitttieth his owne  
children, euen so art thou merci-  
full to them that feare thee, thou  
knowest we are as Grasse, and as  
a flower of the field, which soone  
fadeth away, but thy mercifull  
goodnesse endureth for euer.

O most gentle Sauour thou art  
my louing shepheard, which hast  
sought me running astray, layed  
me on thy mercifull shoulders, &  
brought me home to the cōpany  
of the faithful. There is no whole  
part in my body, from the sole of  
the foute, to the Crowne of the  
head, but all is woundes, sores, &  
stripes which can neuer be bound



vppre, molified, and eased, except thou O Lord helpe me, O Lorde make cleane my woundes, poure the Wine, and Oyle, of spirituall gladnesse into them, binde them vppre, make them perfectly whol & bring mee vnto thy euerlasting habitation: heale me, and I shall be whole: saue me, and I shall be saued: O father receiue me home embrace me in thy armes, fauour me, that haue vngodly, & lewdely bestowed thy godly, & vertuous giftes: which prodigall liuing greatly grieueth mee, and I am most heartily sorry, that I haue so haynously offended against thee I most humbly beseech thee to haue mercy vpon me, forgie me my sinnes, and receiue mee into thy fauour.

Take from mee the ragges of impiety, and cloath mee with the garment

garment of innocency, & put on mee the ſhooes of peace, that I may walke in the waies of thy holy commandements, and giue me grace vnfainedly, to repent & amend my life, that the Angels in heauen may reioyce at my cōuerſion, waſh me more & more from my ſinnes, that I may be cleane & appeare beautifull in thy glorious ſight, and reſt for euer in thy heauenly manſion Amen.

*A prayer for Gods bleſſings and  
forgiuenesse of our ſinnes.*

**O** Heauenly Father, I beſeech thee giue mee grace to flye from all ſinne, drunkenesse, and gluttony, as from beastly Vices and pestilent pestilences, and vse thy good creatures soberly, temperately, and thankfully, keepe  
me

me from fulfilling the lusts of the flesh, let mee watch & pray that I fall not into the snares of the diuell, & liue soberly, watch warily, pray continually, louke diligētly for the comming of my Sauieur that I may be ready to enter with him into euerlasting glory. O Sauiour giue mee grace to visit the sicke and prisoners, comfort the comfortlesse, feede the hungry, cloath the naked, lodge the harbourlesse, and doe those things which are most acceptable in thy sight.

I confesse and acknowledge vnto thee my sinnes and offences my transgressions are infinite as the sand of the Sea, I haue departed from thee, and haue not kept thy comandements as thou hast commaunded mee, giue me thy rightcousnesse, and forgive me all

my

my sinnes: Finally, I beseech thee most mercifull father, deliuer me from this euill worlde, humane feare, and all infirmities of the flesh and minde, from false Prophets, badde Brethren, and lewd persons : Defend mee from the handes of mine enemies, from all euils, present, & to come, both in soule and body. Giue me grace to serue thee in good workes, & for thy names sake, deliuer me frō all euill. Arme me with thy holy Armour, weapō me with thy blessed word. Instruct mee by thy holy spirit, that I may serue thee in holinesse, and righteousnesse all the daies of my life : breake the bands of my sinnes, shake them out of thy sight, fully forgiue me all my offences, and let mee possesse the inheritance of thy heauēly kingdome. To thee O Father, creator, protector,

protector, gouernour, and defender, and to thy beloued Sonne Iesus Christ our peace-maker, Mercie seate, Redeemer, Iustifier, and Aduocate, & the holy spirite our Sanctification, Wisedome Teacher, Instructor, and Comforter, be all Dominions power, and glory for euer and euer Amen.

*A very feruent prayer for remission  
of sinnes, and many good  
petitions.*

**G**Rant me most gracious god  
thankfully to acknowledge  
thy great mercy, make mee in-  
crease in repentance, faith, pray-  
er, in contemning the world; in  
heartie desiring life euerlasting,  
and thy blessed presence. Grant  
me (O most gracious LORD)  
thy holy and sanctifying Spirit,  
that I may heartily and faithfully  
pray

pray vnto thee with a pure and  
cleare mind, with an humble and  
lowly heart, accept mee into thy  
faueur, write thy law in my heart  
and so worke in me, that I may  
belecue in thee, feare thee, loue  
thee, obey thee, and serue thee,  
as thou requirest. O louing Lord  
forgiue me my vnthankfulnesse  
and al my sinnes. O Father assure  
me of my euerlasting saluation in  
Christ, reueale thy truth vnto me  
confirme, strengthen, & establishe  
me in the same that I may liue as  
a Vessell of thy mercy: endue me  
with the spirit of wisdom, keepe  
me that I follow not the counsell  
of the wicked, walk not in the way  
of sinners, nor fulfill the lusts, &  
desires of the flesh, guide my lusts  
and conduct me, that I may doe  
those things that please thee, and  
hate those that offend thee, fasten  
me

me & plant me surely in the land  
of the living, and let mee not bee  
caried away with vehement blasts  
of the wicked world, direct and or  
der my pathes, that I may walk in  
thy wayes. Arme me with paciēce  
and assist me with thy holy spirit,  
that I may shake off the bonds of  
the wicked, & cast away the yoke  
of sinne and impiety, so guide me  
that I may alwayes serue thee in  
truth and veritie, and in true faith  
obey thee, I beseech thee receiue  
me vnder thy blessed safegard, be  
my buckler, giue me thy succour  
that I may walke in thy truth, be  
fore thee, & reioyce onely in thee  
O Lord, heare me lamētably cal  
ling vpon thee: O Christ which  
art my righteousnes & innocen  
cie comfort me in all aduersitie,  
Heare me mercifully when I call  
vpon thee, make me liue in awe of  
thee

thee, and euermore bee afraid to  
offend thee, or sinne against thee,  
giue me the light of thy counte-  
nance, and let me feele and taste  
thy fauourable goodnesse. Grant  
mee peace and tranquillitie, firme  
hope and steadfast faith in thee.  
Haue compassion on me, for I am  
fore vexed: heale my soule, helpe  
mee, and deliuer me from all my  
sinnes: for thy mercies sake heare  
my lamentable voyce, heare my  
sorrowfull cry, grant my petitions  
cōfound my enemies, deliuer me  
from all inconueniences, free me  
from all grieve and heauinesse:  
grant I be not overcome with the  
deceits of the wicked, lighten  
mine eyes that I may rightly dis-  
cerne thee & walke constantly in  
the way of truth, through a sted-  
fast faith. O Lord God consider  
me, regarde mee with the eyes of  
thy



thy mercy. Keepe me from sinne,  
& sinners, let my heart reioyce in  
thy saluation, that I may sing prai  
ses & render thanks vnto thee for  
that thou hast deliuered me from  
all my sinnes, and transgressions,  
free me from all impiety, & igno  
rance, that I may earnestly seeke  
thee, keepe mee as the Apple of  
thine eye : defend mee vnder the  
shadow of thy wings, and satisfie  
mee with the desire of thy glory :  
shew me thy wayes, teach me thy  
pathes, deliuer mee from all vn  
godlinesse, wipe out all my sinnes  
and offences, and clearly forgieue  
me all my misdeedes, for thy most  
deare mercies sake, Amen.

*A most godly prayer for repentance  
and life euermlasting.*

**O** God almightie, that hast  
created mee of nothing in  
the

the celestiaall forme of mankind:  
& by thy holy word, gouerned, &  
taught me to know, confesse, ho-  
nour, and serue thy omnipotent  
Maiesty, so, as where I was far frō  
thee by sinne: I am now by thy  
grace brought neere thee and re-  
conciled to thy fauour as a sonne  
Therefore as one inuironed with  
many sorrowes, perils, wretched-  
nesse, & calamities, amidst the  
swarmes of innumerable enemies  
that seeke to spoyle mee: I call for  
thy helpe, which art the only sure  
and inuincible fortresse, wherein  
I may be saued. O Father stretch  
forth thy mightie hand, and giue  
mee a ioyfull victory against the  
power of the malicious enemies  
that would spoile mee: from the  
bottome of my heart I cry vnto  
thee to saue me, & for the loue of  
thy deare Sonne, deliuer me from  
all

all sin, and the power of darkenes  
and by thy holy Spirit lead and  
guide me in the light and pathes  
of thy most glorious & heavenly  
grace, that in this short and tran-  
sitory life (beset round with many  
stormes, perils, and deceipts, to  
perdition) I may alwayes cleaue  
fast vnto thee, and vtterly dispi-  
sing all earthly pompe and vani-  
tie, I may possit vnto the Porte of  
perpetuall peace and safety, there  
to possesse the Triumphant and  
eternall ioyes which are prepared  
for thine elect.

Open the eyes of thy fatherly  
pittie I beseech thee, and giue me  
grace earnestly to repent my mis-  
deeds, put away my sinnes, & for-  
giue me all mine offences: renew  
whatsoever is decayed in me, ey-  
ther by the fraude or deceipt of  
the deuil, the vanities of the world  
or

or my owne carnall will & frailty:  
let mee put my whole truſt in thy  
mercy, impute not my ſinnes vn-  
to mee, but take mee into thy fa-  
uour, and bleſſing. Strengthen  
mee with thy holy ſpirit, poure  
vpon me the manifold giſtes of  
thy grace, the ſpirit of Wiſedome  
Truth, meekeneſſe, Loue, Peace  
and patience, that I may liue  
here in this life godly, and vertu-  
ouſly, die in thy faith and feare, &  
raigne with thee in the world to  
come in euerlaſting glory Amen.

*A Prayer of thankſgiving, and for  
remiſſion of ſinnes.*

**O** Almighty and eternall God  
our gracious and mercifull  
Father, all praiſe, honour & glo-  
rie bee giuen to thee: O let mee  
extoll and praiſe thy name for e-  
uer & euer, for thou heareſt my  
Prayers,

Prayers, grantest my requestes,  
 & abundantly pourest thy graces  
 and benefits vpon me, thou cho-  
 sest me before all eternities, write  
 my name in thy booke, and made  
 me fellow heire of thine euerla-  
 sting kingdome. I will prayse thee  
 for creating me after thine owne  
 similitude & Image, in wisdom,  
 innocencie, holinesse, and righ-  
 teousnesse, little inferiour to the  
 Angels: for redeeming my soule  
 and bodie from destruction, for  
 forgiuing me my sins and deliue-  
 ring mee from death euerlasting,  
 I thanke thee for that precious  
 Jewell of thy sacred Word, for  
 teaching and comforting me, for  
 preserving my soule & my bodie  
 in health, peace, & liberty, for the  
 vse of thy good creatures, both  
 for my necessitie and delight, for  
 foode to nourish mee, apparell to  
 F cloath

cleath me, the benefit of rest to  
refresh me. O gracious God, giue  
me thy speciall grace, that I may  
Morning and Euening, and at all  
times, praise and highly magnifie  
thee, and euer offer this sacrifice,  
euen the calues of my lippes vnto  
thy heavenly Maiestie; sanctifie  
my senses to thy honour & glory  
charge thine angels to pitch their  
tents about me and saue me. Giue  
me power & strength against Sa-  
than, sinne, iniquitie, and all yn-  
godlinesse, and let me neuer more  
offend thee: blesse my endeouours,  
the beginnings and issues of all  
my assayres, fill my heart with  
thankfulnesse to thee, and chari-  
tie to others, protect mee in all  
places, defend me from all daun-  
gers, and let thy blessings be with  
me wheresoeuer I become. O  
Lord graunt mee grace still to  
praye

praise thee, & euer hartily to pray  
vnto thee, good Lord heare mee  
and freely forgiue me all my sins,  
for Iesus Christs sake: To whom  
with thee and the holy Ghost, be  
al prayse, thanks, honour, and  
glory, now and for euermore, A-  
men.

*A very deuoute Prayer for repen-  
tance, and all other things  
what soeuer needfull, and  
life euerlasting.*

**O** Most mighty God of an-  
gels and men, whose wisdom is  
infinite, & iudgements vnsearch-  
able, heare the prayers of thy ser-  
uant, and giue care to the humble  
petitions of thy poore creature,  
O let mee incline my soule vnto  
thee, and set my eyes vpon thee,  
turne thy anger away from mee,  
and let mee finde fauour in thy

F s

sight

sight. Heale my soule that hath  
sinned, free mee from my trans-  
gressions, plucke mee from my  
offences, for I acknowledge my  
faults, and am sory for my sinnes.  
Pride and arrogancy hath begui-  
led me, foolish boldnes ouertake  
mee, and my owne counsels and  
deuises misled me, thou hast coun-  
selled mee, and I followed it not,  
thou didst strike me, and I regar-  
ded it not, thou didst correct me,  
and I receiued not thy discipline:  
haue mercy therfore, O Lord vp-  
on mee I most humbly beseech  
thee, heare my prayers, forgieue the  
finnes of my youth, and turne thy  
displeasure from me. Come vnto  
me O Lord, and saue me, destroy  
not my soule whom thou hast so  
rightly redeemed, but arise and  
deliuer mee, (saue me for thy mer-  
cies sake: grant me sorrow for my  
sins,



sins, and a fountaine of teares for my offences, that I may daily bewayle my iniquitie. Let my praier enter into thy presence, and my cry come vnto thee: helpe me in my troubles, heare my prayers, & freely forgie me all my sinnes. O God almighty, behold me thy vnworthy seruant, giue me thy holy spirit, feruently to desire thy kingdome, acknowledge thy will, and worke there-after: giue me wisdom, constancie, patience, and strength in thee, let thy mightie arme preserue me from the inuasion of the deuill, the cursings of euill tongus, the malignity of the wicked world. Give mee grace to repent my misdeeds, be sorry for my sinnes, & penitent for my offences. Make me loue iustice, hate wrong, and abstaine from euill: take care of my soule, forgie me

my ſins, and ſaue me thy ſeruant.  
Giue me what thou wilt, as much  
as thou wilt, and when thou wilt  
doe with me as thou wilt, put mee  
where thou wilt: and in all things  
rule mee as thou wilt: grant mee  
grace to deſpiſe worldly vani-  
ties, mortifie carnall affections  
and giue my mind wholly to hea-  
uently Meditations: aſſiſt me with  
thy grace, ſtrengthen me with thy  
heavenly power, comfort me with  
thy holy Spirit, that neither my  
cruell enemy, my wretched fleſh  
or ſubtile ſpirit, haue dominion o-  
uer me. Deliuer me O Lord I be-  
ſeech thee, frō cares of this world,  
keepe me from bodily neceſſities  
let me not be overcome with vo-  
luptuous pleaſures of the world,  
the allurements of the fleſh, or in-  
ſtigatiō of the deuill. Let not fleſh  
and bloud overcome mee, the  
world,

worlde, with his vaine-glory deceiue mee, nor the fiend with his manifold crafts supplant me, but giue me ghostly strength in resisting the, patience in suffering them and constancie in perseuering to the end. Giue me, for worldly delights, the sweet cōsolation of thy holy spirit; for fleshly loue, the seruient loue of thee, and thy heavenly wisdom, that I may seeke thee, find thee, and aboue all things faithfully serue thee: In temptation strengthen me: in tribulation succour me, & frō all my enemies both bodily & ghostly, freely deliver mee. Giue me grace to despise all worldly things, all motions of Sinne & let no vanitie deceiue me. End ( O Lord ) my miseries, deliver me from the bondage of sinne, & grant me a full sight and contemplation of thy glory, tho-

row Iesus Christ our Lord & Sa-  
uiour, Amen.

*A Prayer or Meditation whereby the  
contemplation of light and darke-  
nesse is stored up, with a remem-  
brance of the shortnesse of our life,  
and for life everlasting.*

**A**S my body (O Lord) is com-  
pelled with thy blessed light,  
so let my mind with thy heauen-  
ly light be illuminated, & as thou  
giuest me corporall light, so I be-  
seech thee giue me spirituall light:  
for I surely belecue my body shall  
be as cleare as the Sunne, in the  
day of iudgement, & as the sun ri-  
seth in the Morning, is highest at  
noone, & in the Euening draweth  
downward, so my life, & all things  
in this world (how glorious soe-  
uer) being at the highest, decease  
and

& weare away: grant me therefore (O God) a quiet and contented minde, which is most like thy holy nature. And as houses are ordained, to keep vs from the iniury of weather, cruelty of beasts, disquietnesse of the people, & dangers of the world, so grant most gracious Father, that my body may enter into thy heavenly Mansion: wherein my body and soule may haue rest, peace, & ioy euerlasting.

Ohtake from me this vaile of sinne, and let me haue euer cleare light in my minde, & as I am not sorry when the sun goeth downe, so let me reioyce in death, whereby I come to thy heavenly habitation. Thou which art the Author of light, take away the darkness of the minde, and let me see clearly, let thy word bee a Lamp thome vnto my feete and a light

vnto

E 5

vnto

unto my pathes: as after the day I  
 giue my ſelfe to reſt in the night,  
 ſo moſt meeke Father, gouerne  
 and prepare mee, that after this  
 life, I may reſt and liue with thee  
 in eternall glory. Nothing ſo like  
 life, as day, nothing ſo like death  
 as night, nothing ſo like the  
 graue as the bed, & as I feare not  
 to enter my bed, and ſleepe, ſo let  
 mee not feare to die, but prepare  
 my ſelfe for it, that after the temp  
 tations, troubles, and tempeſts of  
 this world be ended, I may enioy  
 that heavenly, pleaſant, and dele  
 ctable reſt, that is prepared for  
 thine elect, which grant me ſweet  
 father, for thy ſonne my Sauour  
 Ieſus Chriſt his ſake: to who with  
 thee and the holy Ghoſt bee all  
 honour and glory, Amen.

*A prayer to ſpend our liſe ſo, as we  
 may liue in Heauen eternally.*

Deare

**D**Eare Father, God of heaven  
and earth, I miserable & sin-  
ful creature, do prostrate my selfe  
before thy Maicsty, desiring thee  
from the bottome of my heart to  
be merciful vnto me, & though I  
am not worthy to receiue the least  
fauour of thee, and from thee, yet  
of thy fatherly care ouer me, thou  
giuest me thy blessings aboundan-  
tly, yet my weake nature is such, as  
I forget from whence these good  
graces flow, & am no way thank-  
full for the same, but like the gur-  
mundizing Glutton, continue in  
my vaine desires and worldly  
pleasures, which in a moment  
shall vanish, endue mee therefore  
most deare Father, with thy holy  
Spirit, & giue me grace to spend  
the short Pilgrimage of my life,  
wholy in thy testimonies, that I  
may ioy in the seruice of thee and  
continually

continually bee carefull to please thee, so that when thou shalt mow vp the roote of this transitorie life, I may be readie-like the wise Virgins with my Lampe burning, that so passing from this darke vale of misery, I may be receiued to thy bright ioy and euerlasting habitation, Amen.

*A Prayer to God to take care of vs,  
preserue vs, and forgine vs our sinnes.*

**O** Father that mad'st the light  
lighten mine eyes, that I  
sleepe not in death, & let not my  
enemies or sins preuaile against  
me, driue from me the darknes of  
ignorance, & illuminate me with  
thy holy spirit, that I may despise  
the deceitfull delights of this  
world, and earnestly strue for the  
true ioyes of heauen, that I may  
hartily forsake all transitory things  
& endeouour to attaine thinges e-  
ternall



ternall, preserue me from the assaults of the deuil, keepe me from all sinne, & deliuer me from sūdaine death, grant mee solace in tribulation, assistance in temptation, and after death saue mee from condemnation. I beseech thee, and from the bottome of my heart entreate thee, to direct me in the way of thy commandements, that I may begin, continue and end my life to thy glory and the saluation of my soule: keepe me frō sin, restraine me from iniquitie, coole the heate of my concupiscence that rangeth in mee, let mee lead the remnant of my life in thy feare and loue, direct my heart, body, senses, speeches, and actions, in thy law and works of thy commandements, that leauing the delights of this world, I may thirst for thy kingdome.

Curbe

Curbe the deuill that he hurt me  
not, grant me thy mercy, and for-  
giue me my finnes. Furthermore  
O Lord, giue me puritie of heart,  
auſteritie, of the fleſh, mortifica-  
tion of my appetites. Watch my  
eyes, and bridle my tongue, let  
mee deſire nothing but thee, and  
bee euermore mindfull of thee.  
Giue me humilitie of heart, pati-  
ence, obedience, meekeneſſe,  
charitie, conſtancy, & endue mee  
with thy heauenly grace & Chri-  
ſtian goodneſſe, Amen.

*A Prayer for the ayde and protection  
of God in our affaires.*

O Omnipotēt & eternall God  
who art the life, the way,  
and the truth, behold I walke a-  
mong the temptations of the de-  
uill, the ſnares of the world, and  
frailtie of the fleſh: open there-  
fore O Lord my eyes, bee thou  
my

my guide and conduct me aright  
 bee in my way, O Lord, my suc-  
 cour and solace, in heat, a shelter,  
 in cold, a garment: in wearinesse  
 a rest: in aduersitie, a helper: in  
 shipwracke, a haven: guide mee  
 in thy pathes and teach mee thy  
 wayes, beat me downe and hum-  
 ble mee that I trust not in terre-  
 striall things, but erect my spirit  
 and mind to heauen, and thereto  
 fasten my hope, direct my intent  
 to that end, and let me so liue on  
 earth, as I may be receiued into  
 thy euerlasting kingdome. Grant  
 that I may learne so to rest in thee  
 and trust in thy blessings that I  
 may abstaine from all euill, looke  
 after celestiaall riches, and learne  
 to bee content with what it shall  
 please thee to bestow vppon me.  
 Lord haue mercy vpon me, and  
 heare my prayers, turne my sins  
 from

from thee, & saue me for thy mercies sake, there is no man can heare mee nor deliuer my soule, but thou (O Lord.) My destruction cometh of my selfe, my hope & saluation standeth onely in thee in the time of recōciliation heare mee, in the day of death deliuer me, and for thy mercies sake haue mercy vpon me: be merciful vnto me, which haue none but thee to helpe me, destroy me not because of mine iniquitie, nor be no longer angry with me, let my prayers ascend vnto thee and be thou my health & saluation: I acknowledg I haue many waies frō my youth hitherunto most grieuously offended thy diuine maiesty, for which O God bee mercifull vnto mee a most wretched sinner, forgieue all that is past, saue & defend me from all euill hereafter, confirme me in:

a godly life, to the honour & glory of thy blessed name, Amen.

*A very good prayer for forgiveness of sinnes.*

**O** Celestial Lord, omnipotent and eternall Father, I blesse thy diuine Maiestie, I prayse thy infinit bountie and mercy, I magnifie thy eternall wisdom and truth, which with thy mightie hand hast euer defended me from all perils, dangers, and enemies: comfort me, cherish me, maintaine me, and for euer hereafter defend me, that my mouth may set forth thy glory. Prayse the Lord O my soule, I will prayse the Lord, and al my life sing praises vnto his holy name. Preserue and defend my soule & my bodie, from all perils, preserue mee from worldly flanders, driue mine enemies from me, guard & protect me that I neuer offend

offend thee, or with my sins grieue thee, early in the morning let me seeke thee, in the euening let me prayse thee, and be euer careful to please thee: punish me not according to my sinnes, but bee merciful vnto me for thy great goodnesse and mercies sake. Reproue me not, O Lord, in thine anger, nor chastise me in my wickednes: shew me thy mercy, and grant me thy saluation, free me from thine anger, deliuer mee from sodaine death, and saue & keepe me from eternall damnation. Grant that I may so follow holines all my life, that thy glory may shine in my good works, & that I may enterprise nothing, but that which shall be to thy prayse & glory: Exempt me from the world, and all filthinesse of the flesh, keepe me so diligently, that I may follow true  
goodnesse

goodnesse & pietie. Grant I may  
apply my heart vnto thee, purge  
it from all immundity and filthy-  
nesse, make me abstaine from all  
euill deedes, deceits and cruelty.  
Deliuier me from sin, wickednes,  
and all euill, send thy holy Angel  
to guide mee in my doings, and  
keepe me in thy waies, that I may  
not doe, thinke, or will, any thing  
contrary vnto thy holy will and  
commandements: let me sing and  
reioyce before thee, worship and  
serue thee, and come into thy pre-  
sence with mirth. Thou madest  
me: I am a Sheepe of thy flocke,  
remember not O Lord the igno-  
rances of my youth, but accor-  
ding to thy great mercy be mind-  
full of me, turne my wailing into  
ioy, cut my sacke of sorrow into  
peeeces, & cloath me with celestial  
gladnesse, that I may sing to thy  
glory

glory, world without end, Amen.

*A good Prayer for a Sinner, and for  
Gods grace to keepe him from sins,  
and grant him life everlasting.*

**O** Lord let thy graces spring in  
my heart, suffer me not to pe-  
rish with the vngodly, direct mee  
with thy rule of Iustice, make  
plaine thy way before mee, least  
the wicked spirit put me out of it.  
Defend mee with thy grace as a  
shield, gather me vnder thy wings  
& keepe me safe among thy fea-  
thers, send thy truth and light to  
leade me, & bring me to thy holy  
dwelling. O my soule, trust in the  
Lord he is my God & my helper  
Haue mercie vpon mee O Lord,  
thou God of all things haue re-  
spect vnto me, send me thy feare,  
and bestow on me thy mercy.

Awake O my soule and stand  
vp from death, that Christ may  
lighten

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lighten thee with the beames of  
his mercy: shew me the way that  
I shall walke in, and deliuer mee  
from mine enemies, for I fly vn-  
to thee. Teach mee to doe those  
things that shall please thee, let  
me put my trust in thee, & haue  
mercy vpon me, Looke vpon my  
aduersitie and miserie, & forgiue  
me all my sin. O keepe my soule  
and deliuer me, and let me neuer  
be confounded, but be mercifull  
vnto mee, and haue mercy vpon  
mee, watch (O my soule) for thou  
knowest not when the Lord will  
come, watch & pray (O my soule)  
that thou enter not into tempta-  
tion, watch (O my soule) fast, and  
pray, and bee strong in faith: set a  
watch O Lord before my mouth  
and keepe the doore of my lips,  
and let not my heart bee inclined  
to euill. O keepe me in thy paths  
that

that my footsteps slide not, heare  
me, & haue mercie vpon me, knit  
my heart vnto thee, that I may  
feare thy name: ponder my wayes  
consider my Meditations, & mer-  
cifully heare me; lead me in the  
rightway, let no wickednes haue  
dominion ouer me, turne all vo-  
luptuousnesse fromme, take from  
me the lusts of the flesh, let not  
vncleanesse take hold of me, giue  
me not ouer to an obstinate mind  
turne my eies away from vanities  
let thy louing mercies come vnto  
me. Suffer me not O Lord, so en-  
ter into the way of sinners but  
whensoever thorow frailty of my  
corrupt nature I run astray, then  
O Lord slay me, and plucke me  
backe againe that I may ioy in  
the desire of the law, that I may  
euer choose, and do those things  
which are most pleasant to thee,  
and

and hate al that are displeasent to thee. Plant me by the waters side, and let me bring forth fruit to thy honour and glory : graunt that I may stand in the assembly of the righteous, that I may escape all punishment, be deliuered from condemnation, & with thy Saints & holy Angels, liue in euerlasting glory, world without end, Amen.

*A confession of finnes, necessary to  
be said at all times, and for  
forgiuenesse of finnes.*

**O** God, and merciful father, be merciful vnto me, for many enemies fight against me O God most high, I here prostrate in hart confesse my abominable wickednesse, wherein all my life long I haue offended thy heavenly maiestie, in thought, word, and deed, which are infinite, and cannot be  
nambred,

numbred, make them O Lord odious & grieuous vnto me, make them detestable in my sight, giue me the grace of true repentance, grant vnto me sinfull wretch, the forgiuenesse of all my sinnes, and release me from all paine due for the same, thou hast commanded vs to aske and pray, & thou wilt forgiue, to knocke, & thou wilt open, grant me, O Father I beseech thee, a continuall & stedfast faith, and onely hope in thee, and in Christ Iesus, that I may cry O God the father haue mercy vpon me, O God the son haue mercy vpon me; O God the holy Ghost haue mercy vpon me; O glorious & blessed Trinity haue mercy vpon me, & forgiue mee all my sins and wickednesse, that I haue committed & done euer since I came into this miserable world, vntill  
this

this present houre:& grant O father, I wretched sinner beseech thee, that I neuer hereafter fall into any sins or offences. Defend me against all my enemies, the deuill, the world, & the flesh, O christ which camest into the world, to ease those that were laden, to seek those that were lost, to call sinners to repentance, and to giue life euerlasting to the faithfull. I poore sinfull creature from the very botome of my heart bewaile and lament my wretched and sinful life, beseeching thee according to thy promise, to be mercifull vnto me, to be my mediator to God the father for me, that he may fully and freely forgie me all my sins what soeuer formerly comitted against thee, and wholly possesse my heart with thy holy spirit, that he may defend mee against all perils to come

G

come, which the deuill, the world,  
or the flesh imagineth against me  
& so change me into a new man,  
that my old finnes being washed  
away by thy precious bloud, I  
may walke from Vertue to Ver-  
tue, to the prayse of thy blessed  
name, Amen.

*A generall confession of finnes, with a  
prayer for the Remission of the same.*

**O** Most mercifull Lord God,  
most deare & tender father,  
vouchsafe I beseech thee to looke  
downie with thy Fatherly eyes of  
pittie vpon me, most vile & wret-  
ched sinner, which herein hartily  
prostrate before the feete of thy  
bottomles mercy. I am not wor-  
thy to be called thy Sonne, but  
for that thou art the God and  
Father of all comfort, and desirest  
not the death of a sinner, but ta-  
kest care to cure my wounded  
soules:

soule: poure I pray thee the pre-  
 cious Oyle of thy sweete comfort  
 into my wounds: that I may ioy-  
 fully run into the lap of thy euer-  
 lasting pittie: thou art my hope  
 and trust, in whom I onely repose  
 my selfe, I accuse my selfe vnto  
 thee, that I haue sore & grieuous-  
 ly offended thy almighty maiesty  
 in committing grieuous and ma-  
 nifolde sinnes and wickednesse,  
 that I haue not kept the lest of  
 thy commandements, as thy righ-  
 teousnesse requireth of me, I haue  
 not honoured thee as a God, nor  
 dread thee like a Lord, nor loued  
 thee like a father, nor vsed thee as  
 my Saviour. Thy holy and dread-  
 full name I haue vsed in vaine, I  
 haue followed the prince of the  
 world, in concupiscence of the  
 flesh, in pride of liuing, in coue-  
 tousnesse, in gluttony, in hatred,

in enuie, in backe-biting, in dis-  
payre, and in misbeliefe, but in  
what manner soeuer I haue offen-  
ded thy most godlie Maiestie, I  
am heartily sorry for it, euen from  
the bottome of my heart, and in  
token of my hearty repentance, I  
knecke and strike my brest, and  
in the bitternesse of my soule say:  
**LORD GOD** Father, haue mer-  
cy vpon me, **LORD GOD** son haue  
mercy vpon me, **LORD GOD** holy  
Ghost, haue mercy vpon me: spare  
me of thy infinite mercy, & grant  
mee thy aboundant grace, that I  
may change my sinful life, put off  
the olde man with all concupis-  
cence, that I may die vnto the  
world, and the world vnto me:  
strengthen my heart in true hu-  
militie, perfect loue, hope, and  
trust in thee. Giue my soule grace  
to desire onely to reioyce and re-  
pose



pose my life in thee, that I may  
vtterly forsake the vaine affiance  
of the world, that I may be ready  
to go with thee, whensoever thou  
shalt come vpon me: Be thou O  
Lord, alwayes vnto me a Tower  
of strength, a place of refuge, and  
defend me against the fiend, & all  
desperation, let thy cōfort cleaue  
vnto me, thy mercy keepe me, &  
thy grace guide me. Take O Fa-  
ther that thou hast made, take O  
sonne, that thou hast with thy  
precious bloud deerebly bought,  
take O holy Ghost that thou  
hast kept, and preserved by thy  
grace, to draw mee neere vnto  
thee. Heare my prayers, forgieue  
me my offences, comfort me in my  
afflictions, let my ghostly ene-  
mies haue no power ouer mee,  
but giue me strength to withstand  
his deceitfull snares, let me liue

to my comfort, die in thy true  
faith, & rest with thee in thy euer-  
lasting kingdome, Amen.

*Another Prayer for forgiuenesse of  
sinnes & to bee guided by the grace of  
God to preserue and keepe vs.*

**O** H maker of heauen & earth  
King of Kings, and Lord of  
Lords which of nothing diddest  
make me thine owne Image, did-  
dest redeeme me with thy preci-  
ous bloud, I am not worthy in my  
heart to thinke on thee nor in my  
mouth to name thee: therefore I  
humbly desire thee, and meekly  
pray thee, gently to behold me  
thy vnworthy Seruant, and haue  
mercy vpon me, as thou haddest  
on the woman of *Canan*.

Vnto thee I confesse my sinnes  
haue mercie vpon me, ( Lord )  
for I haue molt greiuously offen-  
ded thee, in pride: couetousnesse,  
leachery

leachery, vaine-glory, hatred, enuy, adultery, in dissolute and wanton liuing, in idle words, in thinking, sleeping, and doing all things wherein fraile man might sinne: thereof I most humbly pray and beseech thy goodnesse, haue mercy vpon me, and forgiue me my sinnes. Thou art my hope, trust, and defender, my helpe, strength, life, health, resurrection, and redemption, I therefore most humbly pray and beseech thee helpe me, defend me, make me strong, and comfort me: Visite me, and receiue me, I am thy seruant and bondman, though euill, and a sinner, therefore I fly vnto thee to be receiued: if I be vncleane, thou canst make mee cleane, if I bee sicke, thou canst heale me, if I be dead, thou canst reuiue me, for thy mercy is more then my sins,

and thou canst forgiue more then  
I can offend: Therefore O Lord  
consider not the number of my  
offences, but according to thy  
great mercy, haue mercy vpon me,  
say vnto my soule thou art my  
saluation: O be not angry with me  
but most mecke Father, for thy  
mercies sake, forgiue mee all my  
misdeedes, grant that I may truly  
know thee, with my heart beleue  
thee, & mouth confesse thee. Pu-  
rify my heart with the fire of loue,  
mortifie in mee whatsoeuer is a-  
misse, garnish my minde with thy  
heauenly benefites, and spirituall  
gifts: Arme my soule against the  
crafty assaults of the subtile serpent  
the vaine pleasures of the world,  
& the lewd lusts of the filthy flesh.  
O Sauour haue mercy on me,  
which haue committed many sins  
against thee, & haue mispent the  
gifts

gifts of graces that thou so lovingly diddest giue mee: be mercifull vnto me O bountifull Lord, & I will wholly put my trust and confidence in thy mercy. Let me euer dread thee, loue thee, and serue thee, with all my heart, mind, will, might, power, and strength, of soule and body: and grant that I may doe all things according to thy will: let all my offences be forgotten before thee, and make me perseuer in vertuous living, that I may order my life in this world, to thy will and pleasure: let mee depart out of this world in a cleane and a pure life, for the comfort & saluation of my sinfull soule: and most mercifull Lord I pray thee, to giue me stedfast faith, true hope and seruent charitie, giue me thy grace & mercifull ayd in all my wayes, to pursue & follow thy wil

and commandements, to eschew my owne fraile will and desires, and false enticements, so in this life I may liue a true Christian, and after death, behold thy most glorious face in heauen, Amen.

*A deuout Prayer for all  
Christians.*

**O** Lord, which hast vouchsafd of thy vnspeakeable goodnes, to make and ordayne me thy creature, to liue in this transitory life, giuing me a reasonable soule, by which I know thee, my Lord & my God. O most blessed Lord I wretched sinner confesse my wicked & abominable sins, I humbly aske thee mercy & forgiuenes for the same, grant me thy strēgth to stand sure in faith, thy knowledge to worke thy blessed wil, thy power to resist all errors, and wicked

ked imaginations: thy wisdom to know the truth, giue me thy help I humbly beseech thee, that thy holy spirit may guide me, & al the thoughts and desires of my heart, for the thoughts of men are miserable; & their deeds vncertaine: comfort therefore my soule, let it walk in thy lawes & waies, & work thy wil, suffer no worldly perswasions to take place or root in my heart, but by thy holy spirit, so direct my waies & works, that they may be acceptable in thy sight. Suffer not my soule to perish, whō thou hast so dearly bought, but haue mercy vpon me, make me poore in spirit, low in heart, content with my calling, & let my soule rest in thee: let me loue thee as a Father, a forgiver, a Saviour, & feare thee as a Lord, a iudge, a reuēger. O father put from me my sin & wickednes, make

make me to walke in the way of  
thy commandemēts: let me reue-  
rently feare thee and stand in awe  
of thy iudgmēts, let me loue thee  
as a Saviour, honour thee as a  
Lord, and feare thee as a Iudge.  
Grant me grace to set thy feare be-  
fore me, to stand in awe of thee, &  
of thy iudgements, that I do no-  
thing to prouoke thy heavy dis-  
pleasure against me, that I may  
walke in thy feare and holy ordi-  
nances, & imbrace those vertues  
that shall euidently declare my  
faithfull loue, true honor, vnfa-  
ined repentance, & humble feare  
towards thee. Haue mercy, pittie,  
& compassion vpon me most mi-  
serable sinner, for my offences are  
horrible, great, and grievous, but  
I appeale to thy mercy, which is  
about thy workes: O let me liue  
with thee eternally, and not die  
though.



though I haue deserued it, make  
me a vessell of thy mercie, that  
I may praise thy name, let not my  
sins seuer me from thee, but let  
me magnifie thy power & mercy.  
O gracious God, giue me true,  
heartty, earnest, & vnfained repen  
tance, that I may from the bottōe  
of my heart cōtinuāly lament my  
manifold sins and transgressions,  
my vnthankfulnes towards thee,  
for all thy mercifull benefittes a  
boundantly bestowed vpon mee.  
Alas that euer I became so wicked  
& vnkinde a creature, to displease  
so good a lord, so louing and mer  
cifull a Father. O forgive me all  
my sinnes that euer I haue com  
mitted against thee, let me neuer  
more offend thee, but alwayes glad  
ly serue thee in righteousnesse &  
holinesse all the dayes of my life,  
gouerne and guide my heart in  
thy

thy faith, feare, and loue, that in  
all my thoughts, words, & deeds,  
I may glorifie thy holy name, to  
whom be all glory, prayse, power,  
and dominion, now and euer-  
more, Amen.

*A faithfull Prayer very fit for  
all persons.*

**O** Most excellent goodnesse,  
withdraw not thy mercy. O  
most mightie maker, despise not  
thy worke. O most prudent Re-  
deemer, suffer me not (the price of  
thy redemption) to perish. O most  
gentle, ghostly, and heauenly  
hoast, purifie, sanctifie, dresse, & keepe  
thy house and dwelling place in  
me. O most blessed, charitable,  
sweete, & bounteous Iesu. O most  
excellēt, glorious, mercifull, deare  
Iesu, & sweete Sauour, haue mer-  
cy vpon me, & freely forgie me  
all

all my sinnes. O make mee loue thee, turne to thee, and be sory, & contrite for my wickednesse, let me remember thy benefits, meeknes, painefull and bitter passion, thy patience, obedience, loue, and charitie: sanctifie me, that I may worship thee magnifie thee, and heartily loue thee with true reuerence and deuotion. As thou art most dreadfull, make me to dread thee: as my Father to loue thee: as my Lord to serue thee: dwell in my soule by grace, mercy, charitie, and cleanness. O wound my heart with thy most holy wounds moist my minde with thy most precious blood, that whatsoeuer I doe, or wheresoeuer I turne me, I may behold thee crucified, and thus, beholding thee, I may fixe my mind on nothing but only on thee: and I beseech thee  
that

that thou wilt vouchſafe of thy goodneſſe to direct, ſanctifie, and keepe my ſoule & my bodie, my ſences, talke, communication, and all my doinges in thy holy lawes & workes of thy commandements: that thy holy Angell may be with me, to direct mee in the way of peace, truth, & health: that I may be whole, ſafe, and free in thee and by thee, both heere and in the world to come. Heare me, and ſaue me, O King of glory, which liueſt & raigneſt, world without end, Amen.

*A very good prayer to God, to take from vs all euill things, and to giue vs all good things.*

**G**lue O Lord God, vnto my heart repentance, to my ſpirit contrition, to my eyes a Fountaine

taine of teares, to my handes abundance of Almes, put out of mee the desire of the flesh, and kindle in me the fire of thy loue, thrust out of me the spirit of pride and vaine glory, & giue me true humilitie: take away from me O Lord, the fury of anger, and giue me the buckler of patience, pluck from me rancour, and malice of minde, and giue mee meekenesse of soule, giue mee (most gentle Father) stedfast faith, sure hope and continuall charitie. O God turne from mee vanitie, vnconstantnesse of minde, wantonnesse of bodie, lewdnes of talke, a high minde, excelle of dyet, euill speaking of others, couetousnesse of riches, greedines to rule, desire of vaine-glory, the vice of flattering despising the poore, oppressing the weake, ynsatiable auarice, and  
deadly

deadly blasphemie.

Take from me vndecent rashnes, stubbornnesse, vnquietnesse, idlenesse, sluggishnesse, dulnesse, blindnesse of heart, obstinacie of vnderstanding, cruelty of condition, disobedience of that is good, & giue me O God, for thy deare sonnes sake, the workes of mercy and affections of pietie, to suffer with the afflicted, to counsell the euill, helpe the miserable, succour the needy, comfort the sad, aid the oppressed, relieue the poore, mone them that weepe, pardon my debtors, spare them that offend me; loue them that hate mee, doe good for euill: embrace vertue, reiect vice, & liue in all goodnes, O God make me rich with thy gifts, defend me with thy Muniti-on, giue me the strength of thy Saluation, bee my shadow in the day

day of battell: my deliuerer in the time of affliction, my aid in tribulation, my light in saluation, and cōduct me to thy euerlasting rest that I may liue with thee in eternall glory, Amen.

*A very good prayer for Gods ayd, forgiveness of finnes, and life euerlasting.*

**O** Christ, that calledst all men vnto thee, spread forth the beames of thy light, that we walk not in darkenesse, for thou art the way to heauen, and sunne of righteousness, in thy Crosse wee triumph, in thy shame we glory: by thy paine we haue peace, in thy teares ioy: in thy sorrow comfort, in thy death, life.

I humbly beseech thee therefore, poure vpon me the spirit of wisdom, grace, and mercy with the

the force of his beams, to drive away the darkenesse of my minde, and with his fire, purifie my peruerse affections, with his celestiall Lamp, kindle in my hart the true zeale of glory, with his holy oyntment embalne my conscience, with his Fatherly Oyle, to refresh my bowels, and with his vertue renew in mee an vpright spirit, to cleanse my soule frō dead workes and replenish me with righteousness, that I may overcome Sathan the world, the flesh, and my lusts, aboue al let me haue the true consolation of a faithfull soule, his ioy quiet, & content. Thy holy word is vnto vs the image of glory, the law of thy kingdome, the ladder to heaven, the gate to Paradise, the treasury of piety, vertue, wisdom, consolation, & perfection, yet the grossenes of our flesh is so  
ignorant



ignorant and peruerse, that it will  
neyther see thy spirituall riches,  
nor heare thy true and whole-  
some doctrine: but taketh the  
Thorne for the Rose, the Lease  
for the Fruit, and the Huske for  
the Kernell,

I humbly beseech thee there-  
fore, most mercifull Father, to  
guide me in the vnderstanding of  
thy truth, and instruct me by thy  
spirite to make mee perfect in the  
principles of saluation, the true  
knowledge of thee, and of faith,  
Pietie and Righteousnesse, to be-  
leeue in thee, and in Iesus Christ  
thy onely Sonne: to glorifie thee  
loue thee, feare thee, & serue thee.  
Grant that my thoughtes may bee  
replenished with stedfast hope,  
supported with assured expectati-  
on, to obtaine the celestiaall riches  
which no eye hath seene, care  
hath

hath heard, or vnderſtāding com-  
prehēded; that I may behold thy  
countenance, liue in thy king-  
dome, inioy the ſociety of the an-  
gels, bee a fellow heire with the  
glorified ſpirits, to be fully vnited  
vnto Chriſt, and by him to the  
Father and fountaine of eternall  
life, & ſo poſſeſſe euerlaſting ioy:  
and let the hope of enioying that  
happineſſe be my thought, plea-  
ſure, labour, habitation and one-  
ly vocation, and grant me grace  
to runne my courſe that in the  
end I may obtayne the Diadem  
wherwith thou crowneſt thine e-  
lect, that I may prayſe and mag-  
nifie thy name, world without end  
Amen.

*A prayer for remiſſion of finnes, and  
to God to aſſiſt vs to liue well,  
and free vs from ſinne, &c.*

*to liue in heauen*

*eternally.*

**O** Lord my God, I wil glorifie  
& prayse thee with thankes-  
giuing, giue me thine ayde, saue &  
deliuer my soule out of the deepe  
Dungeon, keepe me from the pit  
of destruction, take all trouble  
from me, let my life be agreeable  
to thy desire, take away my euen-  
ing lamentation, and giue me the  
ioy of the morning consolation.  
O Lord heare me, haue pittie vpon  
me, and bee mercifull vnto  
me, take from me all heauinesse,  
fill me with thy gladnesse, that I  
may render thee thanks, and my  
tongue sing thy prayse without  
ceasing. Haue mercy vpon me ac-  
cording to thy benignitie, for I  
am oppressed with sins & offences,  
absolue, purge, and wash me from  
all

all iniquitie. Put me not from thy  
presence, giue me a right spirit, the  
comfort of thy saluation, and rest  
to my poore conscience, that I  
may be sure of the free remission  
of all my haynous sins. Giue me,  
O Lord a mouth, and wisdom  
to resist my aduersaries: keep me  
pure & vndefiled in thy law, and  
that I may doe nothing but that  
thou requirest of mee: let me ne-  
uer want sure hope & firme trust  
in thee, Fasten and imprint thy  
lawes in my heart, that I neuer  
sinne against thee: Teach me thy  
iudgements, and giue me a readie  
will to performe them, fortifie me  
with thy word, & let my heart be  
enclined vnto it, and not to coue-  
tousnesse, pride, or any other wic-  
kednes. Instruct me in that that is  
good. be thou my portion, & for  
thy mercies sake, haue mercy vp-  
on  
on

on me : Keepe me diligently and  
watchfully, & let not my feet slip,  
shadow me with thy right hande,  
& keepe me safe from the wicked.  
Deliuier mee from all euils, guide  
my going forth, and comming  
home, and keepe my soule from  
sinne. Let me O Lord, cry vnto  
thee, and heare me speedily : let  
my prayer be as sweet Incense be-  
fore thee, that I may call vppon  
thee daily and continually, keepe  
me from euill, and let me not liue  
dissolutely : defend me from im-  
piety and all erroneous and fowle  
offences, let mee cast mine eyes  
vpon thee, hope onely in thee,  
and stay mee wholly vppon thee,  
Saue my soule, let it not perish, &  
deliuier me from the vanities of  
the world, inticemets of the flesh,  
suggestion of the Deuill, and the  
snarcs and ambushes, and deceit-

H

full

full conspiracies of the wicked,  
that I may laud and prayse thy  
holy name in this world, and in  
the world to come. To our God  
eternall, immortall, inuisible, and  
onely wise, be all honour, and glo-  
ry, both now and euermore, A-  
men.

*A very earnest Prayer for Gods  
ayde, and forgiuenesse of  
our sinnes.*

**O** Father, I beseech thee for  
the loue of thy sonne, bring  
my soule out of pryson to prayse  
thy holy name, deliuer me from  
the bonds of sin, & restore me to  
life euerlasting: when shal I come  
& appeare before thy face? when  
will the comforter come I wait  
for? when shal I see the ioy I looke  
for? and be satisfied with the glo-

ry I long for? Strik Lord my hard hart with the strong poynt of thy deare loue, pierce it with thy mighty power vnto the very bottome, that my head may bring forth water, and my eyes a fountaine of teares, to mourne and lament my manifold sinnes and offences.

I beseech thee kneeling on my knees, and humbly intreate thee, that thou wilt with the eyes of pitie, looke vpon me thy vnworthy seruant, & haue mercy vpon me. O Christ, whom I haue greatly offended in thought, word, & deed. Pardon my offences, and clearely forgiue mee all my sinnes. Heale my iniquities and I shall be cured. Gouverne and defend me, strengthen and comfort me, despise not O Lord, nor note the number of my sins, but according to the multitude of thy mercies pity mee. H a me,

me, fauour me, haue mercie vpon me, and forgiue me a most grieuous sinner. Conuert me O Lord, and for thy mercies sake keepe me that I may with true repentance, hartily bewaile my sins. Saue me for thou art the true safetie, haue mercie on my sinnefull soule, loose the bands therof, blot out my transgressions, ayde me & forsake me not O G O D of my comfort, O my soule, Lament, mourne, & weepe till thou be ioyned to thy bridegroom Christ. Thou bidst me knocke O Lord, open vnto mee, strengthen mee that am weake, restore me that did perish, raise me that was dead, guide and gouerne all my senses, thoughts, and deeds, that henceforth I may serue thee, loue thee, and liue with thee. Graunt me an humble and contrite heart, with  
abundance



abundance of teares, and a sorrowful soule for my sins. Giue me compunction of heart, humilitie of mind, and a pure conscience. O Iesu pardon my soule, pardon my sinnes, my euils, and my offences. Let me earnestly desire, aduisedly search, truely know, and perfectly fulfill all things that please thee. Giue me thy heauēly comfort, despise not my sinfull soule, forgive me all my sinnes, and bring me to thy holy habitation, for my Saviour Iesus Christ his sake, Amen.

*A good Prayer for Gods assistance  
and repentance.*

O Louing Father, haue mercie vpon me, pardon my frailty, ayde me in infirmities by the power of thy grace, strengthen me against the concupiscence of the

filthy flesh, the illusiōs of the foolish world, & the subtle assaults of Sathan, that I may grow in all goodnesse and heavenly perfection. Of thy Fatherly goodnesse heare my prayers, & for the glory of thy name fergiuē me my sins, & grant my petitiōs, look fauorably on me thy fraile and wretched creature, humble my heart to the repentant confession of my sins, giue me the helpe of thy holy spirit, to amend my sinfull life, blesse & guide all my thoughts, words, & workes, with thy heavenly grace, that I may in all things, obey thy heavenly will. Reforme me, blesse me, & in thy tuition preserue me, poure forth the abundant bounty of thy good gifts vpon me, that in the riches of peace, ioy, and loue, I may prayse & magnifie thee. O mercifull Father that hast deliuered

red me out of the bands of death  
& darknes, haue mercy vpon me,  
& for thy sweet Son my Saviour  
Christ his sake, comfort, guide, &  
strengthen me in thy holy spirit,  
holde continually thy holy hand  
ouer me, that no flattery, illusions  
nor inchantmēt of this world, de-  
ceiue me, and that no troubles,  
malice, stripes, persecution, feare,  
tyranny, tormēt, nor death, may  
euer seperate mee from thee: but  
despising the world, the flesh, and  
the Deuill, I may in ioyfull hope  
waight for, and desire the com-  
ming of our redeemer, for the de-  
liuery of thy blessed Saints, to ap-  
peare in thy gracious presence in  
our renewed bodies, glorified and  
immortall, there to dwell with  
Angels, & Archangels, euermore  
praising thy heauenly Maiesty. O  
Lord, that hast made vs the chil-

dren of light, haue mercy vppon  
me, yea, Lord haue mercy vppon  
me: & for thy names sake looke  
fauourably vpo me, stand fast by  
me, let me be constant in Faith,  
humble and obedient to thy holy  
will, and correction, patiently  
waighting thy good pleasure and  
determination in all things: make  
me abound in loue and meekenes  
reioyce in vertue and true holi-  
nesse, and glad my heart in the as-  
sured truth of thy promises, helpe  
mee with thy grace: pardon my  
weakenesse, and deliuer me from  
the euils I haue deserued, and in  
all troubles, wealth, need, health,  
sicknesse, ioy, sorrow, life, and  
death, make mee put my whole  
stay, hope, and helpe in thy Fa-  
therly mercy and goodnesse. Re-  
lieue me with thy grace; streng-  
then me with thy holy spirit, that  
I

I may ouercome and vanquish al  
the suggestions, temptations, and  
conspiracies of Sathan, and his in-  
fernall armies: withstand the ma-  
lice, persecutions, and troubles of  
this wretched world, triumph in  
heauenly victory, and wholly re-  
ioyce in the prayling and lauding  
of thy holy name, now and for e-  
uer, world without end, Amen.

*A Prayer for remission of Sinnes.*

**O** Soueraigne creator of all  
things, when I consider thy  
Maieltie, whom I haue with my  
sins offended, I do shudder at my  
owne misdeeds, and I abhorre my  
wickednes, because I haue forsak-  
ken so gracious and bountifull a  
Father, vouchsafe therefore most  
merciful God, and louing Father  
to pardon and forgie me all my  
H 5 vanities,

vanities, misdeeds, and offences,  
gouern and guide me by thy holy  
spirit in all my wayes, that I may  
liue all the daies of my life accor-  
ding to thy holy and heavenly  
commandements. By the mul-  
titude of thy mercies, wipe away  
my iniquities, let my suite enter  
into thy presence, and saue mee  
thy seruant, shew me thy mercies,  
comfort my hart with the celesti-  
all ioy, and pleasure of thee, that I  
may for euer rest with thee in the  
land of the liuing. Haue pittie vp-  
on me, & according to the multi-  
tude of thy great mercies, wipe a-  
way my sins, and cleanse me from  
all my vnrighteousnesse, draw my  
soule out of sinne, vnto the liuely  
fountaine of life euerlasting: fill  
my mind with the streames of thy  
pleasure, and overcome my heart  
with the sweetenesse of thy Loue

&amp;

& grant that I may long with all my heart, and labour with my whole endeouour, to attaine to the vnconceiueable ioies of the life euerlasting: embrace me with thy armes of mercy, shew me thy louing countenance, pluck me from the earth, and earthly things, open my mouth to call vpon thee, my eares to heare thee, my eyes to beholde thee, and let all that I doe say, heare, or see, bee onely to thy glory. Let thy grace euer accompanie me, let me continually craue it, & earnestly endeouour to keepe it, scoure from me the spots, which by my daily sins I haue cast vpon the whitenesse thou gauest me, that I may be pure and cleare before thee. Bind vp the sores of my sinfull soule, wash it with thy precious blood, anoint it with thy oyle of holinesse, repaue that  
heavenly

heavenly image within me, by sin  
defaced, & againe adorne it with  
thine owne righteousnesse, that I  
may euer hereafter prayse thee.  
Mortifie all my desires of wealth  
pleasure, riches, glory, fauour, and  
all earthly things whatsoeuer, &  
that I may euermore readily and  
willingly doe those things, that  
may please thee. Giue mee con-  
stancie, & steadines of purpose.  
that my thoughts may not bee  
found fleeting or vneffectual, but  
that I may with an vnmoouable  
mind doe all things for my com-  
fort, and to the honor and glorie  
of thy holy name, through Iesus  
Christ my Lord & Sauior, Amen.

*A Prayer for remission of Sinnes.*

**R**ighteous, and merciful God  
which art cleare from spotte  
and



and sinne, I miserable & wretched  
Sinner, acknowledge my wicked-  
nes, and with humble and sorrow-  
full heart, bewaile my filthinesse,  
thereby I haue polluted that I-  
mage, imprinted within me at my  
first Creation. I openly confesse  
that many and great are my sins,  
my offences wonderful, my trans-  
gressiōs infinite, euen as the sand  
of the Sea, that cannot be num-  
bred, for all my cogitations are  
prone to euill euenmore: who  
knoweth O Lorde his sins, & can  
recite his transgressiōs? I confesse  
my offences, and my sinne is al-  
waies before me: against thee on-  
ly haue I sinned, and done euill, I  
was borne in sinne, and those sins  
haue I multiplied in my dayly  
transgressions, and haue deserued  
thy displeasure: therefore I ap-  
peale vnto thy mercy O Lord, be  
secching

seeching thee not to enter into  
iudgement with thy seruant : but  
according vnto thy great mercy,  
haue mercy vppon mee, and ac-  
cording to the multitude of thy  
mercies do away mine iniquities.  
Wash me thorowly from my  
sinnes, and cleanse me from my  
offences: for thy names sake, bee  
mercifull to my sinne; for it is  
great: remember not the sinnes  
of my youth, nor my rebellions,  
but according to thy kindnesse  
remember mee, for thy good-  
nesse sake: remember thy ten-  
der mercies, and louing kind-  
nesse which haue beene for euer:  
remember I am flesh, that pas-  
seth away, and commeth not a-  
gaine. Leauē therefore thy dis-  
pleasure against me, be not an-  
gry with me for euer: deale not  
with me according to my sinnes,  
neither

neither reward mee after my iniquities, but conduct me O Lord and turne away thy displeasure against mee : shew me thy mercies and graunt me thy saluation, I confesse most mercifull God, it lieth not in my power to purge, and put away my sinnes, and purchase thy fauour : but it is onely the passion, and most innocent death, of thy deare Sonne my Lord Iesus Christ, that is a sufficient reconciliatiō for my sinnes, and for the sinnes of the whole world : for his bloud which was shedde for mee, doth cleante me from all my sinnes : and if I confesse my offences, thou wilt forgieue me all my sinnes, and cleanse me from all vnrighteousnesse: wherefore in sure hope of this thy mercie promised by thy Sonne, I am bolde with deepe sighes, from  
my

my heart, to cry Lord forgiue me  
mine offence, remitte mine ini-  
quities, couer my sinnes, and im-  
pute not my faults vnto me:  
purge mee O Lord from my se-  
cret faults, keepe mee from pre-  
sumptuous sinnes, let them not  
raigne ouer mee, but purifie me  
from all my wickednesse: let me  
taste the sweetnesse of thy benig-  
nitie, that I may be secure, and  
certaine of the remission of my  
sinnes, thorow the bowels of thy  
mercies: that I may perceiue in  
my minde, comfort, peace, and  
gladnes of thy holy spirit, which  
may beginne a new life in mee,  
pleasing thee: quench all vaine  
motions in mee, and restore in  
me the image of thy diuine light,  
which was lost: that being deli-  
uered from my sinnes, and out  
of the hands of my enemies, I  
may

may serue thee in feare, in righte  
ousnesse, and holinesse, all the  
dayes of my life, thorow Christ  
in whome thou art well pleased,  
and for whose sake, all my  
workes, howsoeuer vnperfect,  
are acceptable in thine eyes. O  
most mightie maker, despise me  
not thy worke, O most excellent  
goodnesse, withdrawe not thy  
mercie from mee. O most pru-  
dent redeemer, suffer me not to  
perish, whom thou hast so deare-  
ly redeemed. O most gentle,  
Ghostly, and heavenly hoast: pu-  
rifie, saue, dresse, and keepe thy  
house, and dwelling place in mee,  
which thou hast sanctified, and  
dedicated vnto thee in my Bap-  
tisme. O most blessed Iesu, haue  
mercy vppon mee, make me to  
loue thee, and to be sorry, & con-  
trite for my sinnes. Turne mee  
vnto

vnto thee, by grace, that I may remember thy benefites, and thy painefull & bitter death, and passion. Graunt mee to sanctifie, worship, magnifie, and loue thee heartily. Moysten my minde with thy most precious bloud, that whatsoeuer I see, I may behold thee crucified, that thus beholding thee, I may fixe my minde on nothing but onely on thee, and liue most carefully to serue thee, and after this life, rest euerlastingly with thee, which liuest and raignest, with thee Father, & the holy Ghost, one God world without end, Amen.

*An excellent Prayer meete for all,  
and to be sayd at all times.*

**G**Rant O mercifull Father,  
that I neuer committe any  
thing

thing that shall offend thy fatherly goodnesse, but that I may eschew all vice, embrace all vertue, liue in thy feare, call vpon thy holy name, learne thy godly commandements, heare thy holy word, auoyde all idlenesse, and walke in my vocation, to the glory of thy holy name. Send thy holy spirit of loue, and concord, that I may be content with my calling, liue quietly in the same, doe good to all men, and order my life according vnto thy godly will. Graunt me to couet with an ardent mind those things which may please thee, to search them wisely, to know them truly, and fulfill them perfectly, to the laud & glory of thy name: order my liuing so, that I may doe that which thou requirest of me: giue me grace to know it, and haue a  
will

wll & power to doe it, and that I  
may loue those things which are  
most conuenient for my Soule.  
Gracious God make my way  
sure, and straight, that I fall not  
betweene prosperitie and aduer-  
sitie, but in prosperitie to thanke  
thee, and be patient in aduersitie,  
and that I be not lift vp with the  
one, nor oppressed with the other  
that I may reioyce in nothing,  
but that which pleaseth thee, nor  
be sorry for any thing, but those  
that offend thee, desiring to  
please none but thee, nor fearing  
to offend any but thee. O louing  
Father, make all worldly things  
vile vnto me, and be thou my e-  
speciall comfort aboue all: let me  
not bee merry, but with that  
which pleaseth thee, and let mee  
desire nothing but thee. Let all  
labour delight me that is for thee,  
and



and let all the rest wearie mee :  
make me lift vppe my heart vnto  
thee, and when I fall, make mee  
to thinke on thee, and be sory for  
the same, with a stedfast purpose  
of amendment. Graunt me faith  
in thee, and grace I beseech thee,  
to be occupied in doing of good  
works, to thy glory and my com-  
fort, and to trust in thy mercies,  
& in Christ his merites to be pur-  
ged from my sins. Giue me grace  
to loue thy worde feruently, to  
search the scriptures diligently, to  
read them humbly, to vnderstand  
them truly, and to liue after them  
effectually, that my life may be  
acceptable vnto thee. Teach me  
so to pray, that my petitions may  
be graciously heard of thee. Keep  
me vpright among diuersitie of  
opinions, that I swerue not from  
thy truth. Giue me I beseech thee

a true spirite, that no curious thoughts, nor filthy affections withdraw me from thee, Graunt me grace to know thee, diligently to please thee, & hope to embrace thee, for the precious bloud sake of that immaculate Lambe Iesus Christ: to whom with the Father and the holy Ghost be all honour, and glory, world without end, Amen.

*A Prayer wherein a sinner desireth  
God to heare him, and forgine  
him his sinnes.*

**O** Lord how long wilt thou  
reiect my prayers which dai-  
ly I poure out before thee? wilt  
thou O Lord heare mee at no  
time? or wilt thou cease to shewe  
mercy? O cry vnto the Lord O  
my soule, and say, hast thou O  
Lord

Lord cast mee away for euer; or wilt thou neuer hereafter be pleased with me? fauour me O righteous father, for Iesus Christs sake, that the sighing, and inward groining of my heart, may moue and incline thee to heare mee: graciously O Lord grant me thy mercy, and performe the Couenant which thou hast made with mee. Hold thy hand ouer me, & keepe me from sinne, then shall I feare neither Death, nor Hell, and as thou hast alwayes beene mercifull to penitent sinners, so now good Lord forgiue mee my sinnes. In the zeale of my heart I beseech thee to keepe mee in the feare of thee, then shall I reioyce in thy mercy, for that thou hast looked vpon me, & regarded my soule in distresse. Keepe me in thy sheepfold, O shepheard of my soule, & let

let me neuer hereafter wander frō  
thy wayes, nor leaue mee not in  
troubles: behold my weakenes is  
best knowne vnto thee, Looke O  
Lord vpon my sorrowe, and for-  
giue me my sinnes. Mollifie my  
heart that I may turne vnto thee,  
and walke in all thy wayes, for I  
haue walked ouerlong in the way  
of sinners: my prayers O Lorde  
are poured forth before thee, let  
thine anger bee turned from me,  
& let me find fauour in thy sight.  
Looke not on the hardnes of my  
heart, but as thou alwayes shew-  
est mercy, so now bee mercifull  
ouer me, and forgieue me all my  
sinnes. Spare me I beseech thee,  
and shew on mee the abundance  
of thy mercie, which hast taught  
mee, in Christ Iesus to call vpon  
thee in my necessities. Giue mee  
grace to acknowledge my owne  
infirmities,

infirmities, that I depending vpon  
thy mercifull goodnesse, may  
with a strong, and stedfast faith,  
and with penitent heart, continu-  
ally call vpon thee for thy grace  
mercy and pardon. Hearken O  
most mercifull God, for thy great  
mercies sake, to those my humble  
prayers which I make before thee  
and consider O Lord the desires,  
and thoughts of my heart, let my  
loud crying come vnto thee, and  
let my vnfained praiers enter into  
thy presence. Heare me O Lord,  
for I want thy helpe, care for my  
soule, saue mee thy seruant which  
trust in thee. Haue mercie O  
Lord haue mercy vppon mee, for  
I will neuer cease crying to thee  
for helpe and mercie. In the day  
time I will call vppon thee, and in  
the night I will cry vnto thee. O  
God of heauen, and maker of all  
things,

things, heare me a most wretched creature calling vpon thee, and take from me all my sinnes. Plant in me O heauenly father true obedience of thy worde. Let not the cares of this world deceiue me keepe mee from all vncleane desires: graunt mee grace to walke before thee with a good and pure minde, that I may receiue the reward provided for thy Sons and seruants. Increase my faith, and loue, increase in mee a sure hope of my saluation, increase strength in me to ouercome and stand against all temptations. Let thy holy Angell keepe and conduct me, that I may euermore walk before thee in godlinesse & righteousness of life: make stedfast my faith in thy mercifull promises, that I trusting in them, may haue everlasting life, thorow Iesus Christ thy  
Son

Son our Lord, Amen.

*A Prayer for a reformed life.*

**O** Heavenly Father, and mercifull God, which of thy onely goodnesse, hast created and made mee vnto thy owne similitude and likenesse : I heartily pray, and beseech thee, remember not my sinnes and vnrighteousnesse, neither suffer thy grievous plagues to hange over me. I haue sinned ; and haynously offended thee , yet I beseech thee, of thy mercy and benignitie to beholde mee thy vnworthie childe. I doe not prostrate my selfe before thee, in prayse of my righteousness, but in the multitude of thy mercies, I humbly beseech thee, most holy Father, be no more angry with me, but turne thy wrath from me and kindle in mee the loue of thy ho-

ly ſpirit : breake O Lord my ſtonie heart, and make it a fleſhie heart : that I may feare thee, loue thee, and haue pleaſure in thee, graunt mee a true vnderſtanding of thy word, to loue that is to bee loued, to deſire that which pleaſeth thee, to regarde that which is precious in thy ſight, and to reſuſe that which is euill before thee. Giue mee (O Father) a ſorrowfull, and penitent heart, that I may humbly ſerue thee all the dayes of my life. When I fall into ſinne through frailtie, worke I beſeech thee true repentance in my heart : that I may bee ſorrie, without deſperation : that I may amend my life, and become truly righteous, without hypocriſie : lowly in heart, without ſaining : faithfull and truſtie without deceit : content with  
my



my owne, without couetousnesse  
to tell my neighbour his faule  
charitably : to pay euery man  
truely : to backbite no man, nor  
slander any secretly : to abhorre  
all vice, and loue and follow all  
goodnesse earnestly, grant this O  
Lord, for the glory of thy holy  
name, Amen.

*A confession of finnes and a prayer  
for forgiuenesse of them.*

**O** Almighty God of Israell,  
my soule that is in trouble,  
and spirit that is vexed, cry vnto  
thee heare mee O Lord, and haue  
mercy vpon mee, for I haue sin-  
ned against thee. I heartily pray  
and beseech thee in the bowels of  
thy mercy to looke downe from  
heaven vpon mee, thy poore ser-  
uant whose finnes be infinite, and

innumerable, most haynous and insupportable : but as they bee grieuous and without number, so is thy mercy more abundant, and without end. Thy mercy is aboue all thy workes: more able to saue, than my sinnes to condeinne. Thou O Christ art that good Samaritan, that pourest the oyle of grace into our woundes, thou art the onely true sacrifice, and oblation once offered for the sinnes of the whole worlde. Therefore O sweete Sauour, for thy bitter death and passion, and for the glory of thy name, bee mercifull vnto mee, and forgiue mee all my sinnes. Graunt that as thorow my wicked life, thou hast beene dishonoured, so thorow my godly conuersation, and integritie of life hereafter, thou mayest bee euer glorified. Forgiue

giue mee, ( O my Sauour ) all  
my sinnes, I most humbly be-  
seech thee, and keepe mee euer  
hereafter, from all sinnes. Grant  
me the assistance of thy grace and  
holy spirit, to direct my wayes  
and guide my pathes, that I may  
bee innocent from all offences, &  
that in all thinges, I may honour  
and prayse thee, together with  
the heauenly father, and the holy  
spirit, now and for euermore, A-  
men.

*A Prayer in aduersitie, and for  
mercy.*

**A** Lmightie God, which for  
my ingratitude, and sinfull  
life, hast worthily punished mee  
with affliction and aduersitie, I  
most humbly beseech thee, to  
giue mee grace vtterly to detest

and abhorre my former wretched  
and sinfull life, and studie dayly  
for the amendment of the same:  
and I am fully perswaded, that  
this affliction hath not come vn-  
to mee by casualtie, but by thy  
permission, and determinate  
pleasure, & that thou doest beate  
mee with this thy Rodde of cor-  
rection, because thou wouldest  
nurture mee, and call mee to vn-  
feined repentance, for my for-  
mer life, to bee more circumspect  
of a good life: to exercise my  
faith in thy godly promises, to  
trie mee whether I will bee pa-  
tient, and constant in aduersitie:  
to make me abhorre vaine plea-  
sures of this life, and with feruent  
and continuall desire, long for  
the life euerlasting. Therefore I  
heartily pray thee, to strengthen  
my Faith, Hope, Charitie, and  
mecke-

meekenesse, that I may patiently  
 beare this thy fatherly chastise-  
 ment. And grant mee that I may  
 daily increas more and more in  
 loue towards thee, for I hope all  
 thinges shall happen to the best,  
 whether it be prosperitie, health,  
 sickenesse, life, or death, and  
 therefore I wholly submitte my  
 selfe vnto thee, and resigne all  
 my will, to thy most godly will &  
 pleasure, hoping that thou wilt  
 end this affliction to thy honour  
 and glory, and to my most profite  
 wealth and euerlasting saluation,  
 thorow Iesus Christ my onely  
 Sauour and Redeemer, Amen.

*A Godly Prayer to bee said at*

*all times.*

**A** Almighty and most merci-  
 full father, grant that above

I s

all

all things, I may rest in thee, and  
fully set my heart vpon thee, for  
thou Lorde art the true peace of  
the heart, and the perfect rest of  
the soule : Wherefore thy will  
in all things be done in mee, cast  
out of my heart all vnprofitable  
cares of worldly things, and suf-  
fer me not to be led with the vn-  
profitable desires of earthly vani-  
ties, but giue mee grace that all  
worldly and carnall affections,  
may be mortified and die in mee.  
Graunt mee the strength of thy  
holy spirit, to subdue this bodie  
of sinne, with the whole lustes  
thereof, that it may bee obedient  
both in will, mind, and members,  
to doe thy holy will : graunt me  
grace that I may esteeme all  
thinges in this world transitorie,  
and my selfe with them, drawing  
toward my ende: O Lord God,  
which

which art sweetenelle vnspeakeable, turne into bitternes vnto me all transitory and earthly delights which may drawe mee from the loue of eternall things, and for all worldly comforts, giue mee the sweete comfort of thy holy spirit, for thou Lord art my way, my hope: my Crowne, and my glorie: bleesse me that for the loue of thee I may not set by the pleasures of this worlde, but crucifie the flesh, and the lustes thereof, so that in a cleane and pure conscience, I may offer my prayers vnto thee, and bee accepted to haue company with thee, together with the holy Angels & holy spirits. O euermlasting light, send downe the beames of thy brightnesse, and lighten the inward partes of my heart, that I may walke in thy lawes, and commandements.

mandements. Giue mee grace to rest in thee aboue all things, aboue all glory, honour, dignitie, and power, aboue all health, beautie, riches, and treasure: aboue all ioy, pleasure, fame, and prayse: and aboue all mirth, and consolation, that mans heart may feelee or take besides thee. For thou Lord art most good, wise, and righteous: most high, mightie, & comfortable, most beautifull, louing, and glorious, in whom are most perfectly all treasures of grace and goodnesse. Therefore whatsoeuer I haue beside thee, is nothing vnto thee: for my heart may not rest, but onely in thee, O Lord who shall giue me the winges of perfect loue, that I may flie from these worldly miseries, and rest with thee? O King of everlasting glory, my soule cryeth



eth vnto thee, with continual gro-  
 nings, and saith how long tarrieth  
 my Lord God to come vnto  
 mee? when shall bee the ende of  
 these miseries? when shall I bee  
 deliuered from the bondage of  
 sinne? when shall I haue my mind  
 onely fixed on thee, and bee mer-  
 rie in thee, with perfect ioy and  
 gladnesse? when shall that bles-  
 sed Houre come, that thou shalt  
 visite mee, and make mee glad  
 with thy blessed presence? when  
 shall I come vnto thee, and enioy  
 these sweet contēplations, which  
 thy blessed Angels haue alwaies?  
 when shall I stand to behold thee  
 and haue full sight and contem-  
 plation of thy glory? when shall  
 I bee with thee in thy kingdome,  
 which thou hast prepared for  
 thine elect, that I might behold  
 the blessed mansion of thy hea-  
 uenly

uenly Cittie, and the most cleare  
day of eternitie, which thy hea-  
uenly Cittizens knowe and feele  
the ioy of, but I the childe of A-  
dam, doe lament and bewayle the  
bitternesse of this present life,  
short and euill, full of sorrow and  
anguish, where man is defiled  
with sinne, disquieted with trou-  
bles, oppressed with labors, vexed  
in temptations, overcome with  
vaine delights and pleasures of  
the worlde, and miserably wrap-  
ped in many calamities. Where-  
fore O Lord arise and helpe mee,  
comfort me, allwage my sorrow,  
destroy my enemies, the King-  
dome of sinne, Sathan, the world,  
and my wicked flesh: forgiue me  
all my sinnes, and bring my trou-  
blesome dayes to an end. So shall  
I sing prayses vnto thee O God  
of my saluation, and magnifie thy  
name

name world without end, Amen.

*A short meditation of mans misery.*

**W**Hat was I O Lorde,  
what am I, what shall I  
bee; I was nothing: I am now  
worth nothing, and in hazard to  
bee worse then nothing, I was  
conceiued in originall sinne, I  
am now full of actuall sin: I may  
hereafter feele the eternall smart  
of sinne. I was in my mother a  
lothsome substance, I am in the  
world a Corps of corruption, I  
shall bee in my graue a pray of  
vermine. When I was nothing;  
I was without hope to bee saued,  
or feare to bee damned: I am  
now in a doubtfull hope of the  
one, and in great daunger of the  
other. I shall eyther bee happie,  
by the successe of my hope, or  
miserable

miserable by the estate of my danger. What I haue beene I know, viz. a wretched sinner, what I am I cannot say, beeing vncertaine of Gods grace, what I shall bee, I am ignorant, being doubtfull of my perseuerance. Lord erect my former weakenesse, correct my present sinfulness, direct my future frailty, direct it O Lord, from pasted euill, to present good, and future rewarde, for Iesus Christ his sake Amen.

An effectuall prayer, for  
grace, mercy, and forgiue-  
nesse of Sinnes.

○ Heauenly God O Father deere,  
Cast downe thy tender eye,  
Vpon a wretch that prostrate here,  
Before

Before thy Throne doth lie.  
O poure thy precious oyle of Grace,  
Into my wounded heart:  
O let thy drops of mercy sweete,  
Remit my finnes defart.  
My sinfull soule oppressed sore,  
With carefull clogs of sinne:  
In humble sort, most humbly sues,  
Thy mercy for to winne.  
Grant mercy then O Saviour sweete,  
To me most wretchfull thrall:  
Whose mournfull cry to thee alone,  
Doth still for mercy call.  
Thy blessed Will I haue displeased,  
With pleasing of my mind:  
And to the lust of worldly things,  
My selfe I haue enclind. (ers,  
Forgetting heauen & heavenly pen-  
Where God and Saints doe dwell:  
My life had almost trod the steps,  
That leades the way to hell.  
Grant nowe O Lord and iudgestone  
That I no more doe so: (brigh,  
But

But for my life in sinnes mispent,

My heart may melt in woe.

Alas I sigh, Alas I sob,

Alas I doe lament :

That euer my licentious life,

So wickedly was spent.

Grant therefore Lord with wayling

I may thy mercy craue : (teares)

O Lord for thy great mercies sake,

Let me thy mercy haue.

Restore to life my wretched soule,

That else is like to die :

Then shall my voyce vnto thy name,

Sing prayse eternally.

Now blessed be the Father first,

And blessed be the Sonne :

And blessed be the holy Ghost,

By whom all things are done.

Blesse me, O blessed Trinitie,

With thy eternall grace :

Forgiue my sinnes and grant my soule,

In heauen a dwelling place.

*A prayer of thanksgiving to crave  
Gods assistance, to grant vs his  
grace to repent our finnes,  
and bring vs to the  
life euerlasting.*

**O** Holy father God almighty,  
which diddest vouchsafe of  
thy vnspeakeable goodnesse and  
mercy, to send thy onely son from  
the high Throne of thy Maiestie,  
into this vaile of woe and miserie,  
to take our nature vpon him, & in  
the same to suffer most sharpe &  
bitter death, to bring our soules  
to thy heauenly kingdome. **O**  
sweete Iesus, enflame my heart  
vnto thee, with the burning  
beames of thy loue, and make me  
euer to thanke thee, and feare to  
offend thee. **O** sweete Iesus my  
hope, refuge, ioy, & health, haue  
mercy vpon mee, and be merci-  
full

full vnto mee, a poore, needy, vile  
wretched, and abominable ſinfull  
creature, giue me remiſſion of all  
my ſinnes, integritie of minde,  
health of bodie, needefull foode  
& rayment, ſtrengthfulnes of the  
earth, vnitie of faith, ſubuerſion  
of heresies, encrease of true religi-  
on, earneſt deuotion, willingnes  
to charitie, ſinceritie in prayer,  
patience in trouble, ioy in hope, &  
whatſoeuer elſe is for thy glory,  
my good and ſoules health, let  
thy holy ſweeteneſſe poſſeſſe my  
mind, feede my ſoule with the ful-  
nes of heauenly & inuiſible things  
ſeperate me from earthly vanities  
wholly dedicate my heart to hea-  
uenly meditations, giue me com-  
punction of heart, and teares to  
my eyes, that I may euer bewaile  
the wickednes of my life, liſt vp  
my heart & minde I beſeech thee  
from



from the cogitations of earthly cares, to the consideration of heavenly ioyes, that I may thinke & speak onely of thee in this life, & after liue with thee eternally. O Lord my gracious God, and onely comforter of my soule, seeing thou desirest that in all thinges I should sincerely serue thee, and I thorowe thy grace desire to doe the same, suffer mee not O Lord any more to offend thee, or fall into the relaps of my former follies, but make me heartily sorrie for my offences, and that I may neuer more sinne against thee. And I humbly confesse my selfe vnto thee, that there is not on the earth a more vile, or wicked sinner then my selfe. Increase therefore in mee I most humbly beseech thee, thy grace, and giue me humility: that I may perfectly know

knowe thee in thy maiestie, and  
my selfe in my miserie, and yet  
thorow thy gracious helpe I may  
manfully fight against sinne, and  
wickednes, & gaine the victories  
ouer all my corporall, and spiritu-  
all enemies. I wretched sinner  
confesse I haue often offended  
thee, dishonoured thee and neg-  
lected thy holy precepts, which  
aboue al things ought to be most  
deare vnto mee. Thou O Lord  
knowest, I am carnall full of euill  
concupiscence, flowing in fleshly  
pleasure, ouerraped in fond fan-  
tises, omitting spirituall exercises,  
and mourning for sin, in speaking  
impatient, in hearing godly ad-  
monitions negligent, easily de-  
tayned from doing good, and  
apt to euill. O most mercifull  
Lord I a poore and wretched sin-  
ner, am full of sorrow and griefe,  
for

for that I haue grieuouſly ſinned  
and offended againſt thee, wound  
O Lord my heart with the ſor-  
rowe, of moſt faithfull and vnſai-  
ned repentance. And grant mee  
thy grace, & aſſiſt me by thy ho-  
ly ſpirit, that I may for euer here-  
after keepe my ſelfe from all ſin,  
and auoyde all occasions of of-  
fences. And I moſt humbly be-  
ſeech thy infinite Maieſtie, not to  
forſake nor ſuffer mee to be con-  
demned in thy terrible iudgment,  
but be mercifull vnto me, and let  
thy dolorous paſſion ſo helpe me  
that I may be an inheritor of thy  
heauenly kingdome, and enioy  
euerlaſting felicitie, and let thy  
holy Angell ſo keepe mee, as the  
infernall enemy hau: neuer  
power ouer me, which Lord for  
thy mercies ſake graunt mee,  
Amen.

*A Prayer to God the Father, of  
thanksgiuing, and for for-  
giuenesse of finnes.*

**I** Offer vnto thee ( O holy Fa-  
ther) the sacrifice of prayſe and  
thanksgiuing : rendring vnto  
thee the calues of my lips, which  
of thy goodnetſe haſt made mee,  
& of thy mercy redeemedſt mee,  
Heare therefore O Lorde, the  
prayers of thy ſervant, and turne  
thy cares vnto mee, thy poore  
creature. Day and night will I  
pray vnto thee, beſeeching thee  
that the thoughtes and medita-  
tions of my heart may bee accep-  
table before thee : that my mouth  
may ſpeake of thy righteouſneſſe  
and my tongue ſette forth thy  
prayſe. O holy Father, I beſeech  
thee, that the inwarde deſire of  
my heart, may moue and incline  
thee

thee to heare me, I accuse my  
 sinfull wayes, and craue thy mer-  
 cie, and fauour. O shew mee thy  
 mercie, and forgiue mee my sins  
 Remember not the sinnes, & of-  
 fences of my youth, but thinke  
 on thy mercies, and thy covenant  
 made in Iesus Christ my onely  
 mediator and aduocate. It is he  
 O holy Father, whom thou did-  
 est send to obtaine mercy for me,  
 hee was wounded for my offen-  
 ces, and stricken for my iniqui-  
 ties: hee dyed for my sinnes, and  
 thorow his loue and mercy, hath  
 redeemed mee. Therefore ( O  
 Father ) for his sake forgiue me  
 all my sinnes, giue mee the true  
 loue of thy law, and great hate  
 of all my sinnes: that I may tho-  
 rowe the merits of his death and  
 passion, dwell with him and thee  
 euerlastingly. And vouchsafe I  
 K beseech

beseech thee, to direct, sanctifie,  
keepe, and gouerne my heart, &  
body, my senses, tongue, talke, &  
cōmunication to thy holy lawes,  
and workes of thy commande-  
ments. Grant also O Lord, that  
thy holy Angell may be with me,  
to direct me in the way of peace,  
truth, and health: that I may bee  
whole, safe, and free in thee, and  
by thee, both in this worlde, and  
in the world to come. O King  
of glory heare mee and saue mee,  
haue pittie and compassion vpon  
mee thy weake and vnworthie  
childe. O Lord helpe mee, shew  
thy mercy vppon mee, let me do  
that which is acceptable in thy  
sight, and prosper mee in what-  
soeuer I goe about. Let me haue  
an earnest desire to doe those  
thinges that will please thee, for  
vnto thee alone, doe I fully and  
wholly

wholly yeelede, and commit my  
selfe, which workest all in all, to  
thy honour and glory, Amen.

*A Prayer vnto God the Sonne, for  
Mercy, and forgiuenesse  
of sinnes.*

**I** Am ashamed O Iesu, to lift vp  
my eyes vnto thee, because my  
sinnes are many, and are ascended  
and come before thee : shew thy  
mercy vppon mee (O Lord) and  
heare mee : my heart is faint, my  
soule is troubled, O Lord make  
strong thy humble and vnwer-  
thie seruant, that my ioy may be  
alwayes in thee : receiue mee of  
thy goodnesse into thy fauour, &  
shew thy mercy vppon mee, for  
thou O sweete Saviour art mere-  
cifull, which wilt not the death of  
a sinner, but that he liue. I there-

fore, a moſt wretched ſinner, be-  
ſeech thee to looke vppon mee  
with thoſe mercifull eyes, where-  
with thou diddeſt beholde *Peter*  
bitterly weeping, and *Mary Mag-  
dalene*, and the *Theefe* on the  
Crolle : and cauſe me thorow thy  
great goodneſſe, that I may with  
*Peter* weepe, and worthily be-  
wayle my ſinnes ; with *Mary* to  
loue thee with a pure and perfect  
loue, and with the *Theefe*, to ſee  
& beholde thee in *Paradiſe*. Giue  
mee ( O gracious Lord ) a pure  
intention, a cleane heart, & a re-  
gard to thy glory : in all my ac-  
tions poſſeſſe my mind, with thy  
preſence, and rauish it with thy  
Loue, be thou ( O Ieſu ) light vn-  
to my eyes, muſicke vnto my  
eares, ſweeteneſſe to my taſte, and  
contentment to my heart. I am  
not mine but thine, clayme mee



as thy right, keepe mee as thy charge, loue me as thy child. Defend mee when I am assaulted, Heale mee when I am wounded, and let me neuer be confounded, giue mee patience in trouble, humilitie in comfort, modestie in countenance, grauitie in behaviour, puritie in thoughts, righteousness in my actions, constancie in temptations, and victory against my Ghostly enemies. O sweete Iesu stay my inclinations from euill, bridle my appetites with thy grace, quench in me all vnlawfull desires, keepe my eyes from vaine sights, my eares from hearing euill, grant me an earnest desire to amend my faults: to renew my good purposes, to performe good intentions: correct my errors, erect my infirmities, protect my good endeuours, al-

lay my passions, and make mee able to maister them, that they neuer drawe mee beyond the rule of pietie. Make mee humble to my superiours, friendly to my equals, charitable to my inferiours, and respectfull to all. Graunt me sorrow for my sins, thankfulnesse for thy benefits, feare of thy iudgments, loue of thy mercies, and mindfullnesse of thy presence, Amen.

*A very good prayer to God the holy Ghost, for remission of sins.*

**H**Eauenly GOD, if I haue found fauour in thy sight, suffer mee a little to speake vnto thee, and be no more angry with mee, which by thy wisdom rulest all things. Giue me thy holy spirite, that being guided by the  
same,

same, I may neuer bee confounded. O comfort the soule of thy seruant, and let thy wiesdome lead and guide me in the pathes of true knowledge: blessed is the man that hath his delight therin. I beseech thee my God, make thou a perpetuall abode with me, and send downe from thy throne of Maiestie, the dew of thy grace into my heart, that I may alwayes please thee. O send downe from heauen, the spirite of wisdome, that I may haue the true taste thereof: Incline thine eare vnto mee, that these my humble prayers, may ascend vp before thee. Humbly will I giue attendance on thy mercifull hand, and waite for thy sauing health. Behold me O God a feely soule, gaping for the showers of thy grace, like a barren & dry land, O holy spi-

rit of God, the third person of  
the Deitie, which by thy diuine  
grace orderest all things, graunt  
me the spirit of sanctification and  
holines, plant in me an infallible  
knowledge of thy truth. O thou  
which art the comforter, which  
inrichest the harts of the faithfull  
with the sweete taste of thy word  
promised, breath into my heart  
a pure faith, that I may acknow-  
ledge thee very God, God with  
the Father, and the Sonne. Thou  
seuen folde disposer of the gistes  
of God, the hope of ioy celestiall,  
poure into my heart the dewe of  
thy grace, that being filled with  
the sweetenesse thereof, I may  
obey thy blessed will. O eternall  
God, equall with the Father and  
the sonne, make strong my soule  
and my bodie, that by thy graci-  
ous ayde, I may overcome the  
assaults

assaults of my Ghostly enemy, & beleeue and confesse God the father, and Iesus Christ his Sonne, with the holy spirite, proceeding from them both, to be one God in persons three, and euermore in Trinitie and Vnitie, to whom be giuen, all laud, prayse, honour, and glory, for euermore, Amen.

*A godly prayer to the blessed  
Trinitie.*

**O** Holy, blessed, and glorious Trinitie, God the Father, Sonne, and holy Ghost, three persons, and one omnipotent and euermore God, three in Trinitie, & one in Vnitie, I prayse thee, I worship thee, I glorifie thee, I giue thanks vnto thee for thy mercifull goodnesse, which wouldest

deſt that I being indarkenelle of  
error and ignorance, ſhould bee  
made partaker of thy grace and  
mercie : I beſeech thee moſt glo-  
rious & bleſſed Trinitie, forgiue  
me my finnes, haue mercie vpon  
mee, bring to paſſe the worke of  
thy mercifull goodneſſe begun in  
me, and lead me in all pietie, and  
godlineſſe. O cauſe mee alwayes  
to thinke, ſpeake, and doe thoſe  
things which ſhall bee acceptable  
in thy ſight, that after this life,

I may haue the fruition of  
the deitie, that liueſt &  
raigneſt in perfect  
vnitie, world  
without end,

Amen.

(\*)

*A Prayer for a woman with childe,  
for deliuerance, and forgine-  
nesse of finnes.*

**A** Almighty and merciful father  
which of thy gracious good-  
nes, hast created me a reasonable  
creature, & of thy bountifull good-  
nesse hast fructified my wombe, I  
most heartily thanke thee for this  
gratiou. gift: & for that thou hast  
alwayes preserved me from all  
perils of body and soule, and hast  
so moderated all my paynes, pin-  
ches, throwes, and pangs, that I  
haue liitherto right well endu-  
red them: keepe me (I beseech  
thee) from all perill, and danger:  
and at thy appoynted time safely  
deliuer me. Thou hast comanded  
vs to call on thee in our troubles,  
promising to heare vs, and send  
vs deliuerance: saying, I am with  
you

you in your troubles, and will deliuer you. O most comfortable Lord, who art more ready to helpe, then we to call for helpe: more ready to giue grace, then we to aske for it: I therefore sue vnto thee, and call vpon thee: faithfully and say, O Father of mercie and God of all consolation & comfort, I thy poore handmaide humbly beseech thee for Iesus Christ his sake, and in his blessed and holy name that thou wilt vouchsafe to forgiue me all my sins and offences, wherewith I haue offended thy godly maiesty in thought, delight, word, or deede: mercifully preserue mee from hence forth during my whole life, from transgressing thy commandemēt: daily increase in me perfect repentance for my sinnes: & a sure purpose of amendment of



of my life, and a diligent studie to walke in thy cōmandements. Increase in mee also a liuely faith, a sure hope ingraft in me, humblenes of heart, meeknes of minde, & cleannes of conscience. Grant me that I may be wise, sad, sober, discreet, circumspect, & wel aduised in all my sayinges : that I may strongly ouercome all the temptations of the deuill, the world, & the flesh : and whether I wake or sleepe, eate or drinke, liue or die, or whatsoeuer I doe, I may do all to thy honour and glory. Graunte me O Lord that I may feare and dread thee, and that I may faithfully loue my husband, and be obedient to his honest requestes. And for the deliuerance of this burthen, and thy gracious gift, I am assured, that vnlesse thou prosper my travell, all womens  
helpes:

helpe, and Phiſicke is in vaine :  
therefore I beſeech thee that like  
as thou haſt created this child in  
mee, and breathed into it the  
breath of life, ſo at ſuch time, as  
ſhall ſeeme good to thy godly  
Maieltie, thou wilt prosper the  
birth and deliuerance. I humbly  
beeſeech thee, of thy fatherly pit-  
tie, to ſtrengthen mee in this my  
dangerous labour and trauell, &  
ſo ſuſtaine mee that I may pati-  
ently beare all my paynes and  
panges, and ſuffer them not to  
be aboue my ſtrength: and in the  
miſt of all my paynes, ſo com-  
fort mee, that I may bee able to  
beare them. Increate my faith,  
O moſt mercifull Sauour : and  
in the dangerous time of my tra-  
uell, graunt mee I beſeech thee,  
ſpeedie deliuerance, and ioyfull  
beholding of my childe, that I  
being

being a merry mother, may render vnto thee, honour, prayse, laud, and thanks, for thy abundant mercy and gracious benefits. And about all things, I beseech thee, endue my childe with grace, that it may bee one of the number of thine elect, baptized, & regenerate in the holy Ghost, and that it may at the yeares of discretion, learne to know thee, trust surely in thy mercie, heartily loue thee, feare to offend thee, obey thy commaundementes, and attaine euerlasting ioy & felicitie, thorowe our Lord Iesus

Christ, who liueth and reigneth with thee and the holy Ghost, world without end,

Amen.

(\*)

*A Prayer of thanksgiving, for  
a woman, after shee is deli-  
uered of childe.*

**O** Most high, mightie, and e-  
ternall God, I giue all laud  
and prayse vnto thy holy name,  
I magnifie thy might, and maruei-  
lous workes, I render vnto thee  
the sacrifice of my thankfull  
heart, and vnfained lips, for that  
it hath pleased thee of thy great  
goodnesse, to giue vnto mee thy  
poore creature, so happy, safe, &  
speedie deliuerance, from my  
great daunger of childe-birth, &  
fully restore mee to my former  
strength. To thee therefore O  
father with thy Son Iesus Christ,  
and the holy Ghost, wil I giue all  
thanks and prayse, and magnifie  
thy glorious name, both now and  
ouermore, Amen.

*A prayer before the receiuing of the  
Communion.*

**O** Iesus Christ, holy and eternall God, I miserable man, and wretched sinner, acknowledge and confesse, that I am not worthie, the least of all thy mercies, and most vnworthie to receiue thee vnder the roose of my soule, by participating of thy most blessed body and bloud, for horrible, and infinite are the sinnes wherewith I am defiled: therefore the very intrailles of my heart are troubled, and my bones doe shake, because I finde my soule a most vnworthie ghest, for so heavenly a supper. But thou camest not to call the righteous, but sinners to repentance: and I know and do constantly belecue, that notwithstanding my sinnes,  
thou

thou canst make mee cleane, and  
worthie and forgiue mee my sinnes,  
and through thy power and mer-  
cie, I beseech thee, graunt thy  
grace, *vi.* to mee a sinner, that I  
may worthily approach to this  
heavenly Sacrament. Gue mee  
grace, before I presume to come  
to the receiuing hereof, I may  
examine my selfe, call my sinnes  
to minde and by vnfained and  
heartie repentance, returne vn-  
to thee my Lord: make me with  
heauy sobs to confesse my sinnes  
and pardon all my offences: ac-  
cept mee into thy fauour, cleanse  
mee from my wickednesse, and  
forgiue mee all my sinnes. Poure  
into mee a true and a liuely faith,  
that I may alwayes trust in thy  
worde, (annexed to the Sacra-  
ment) which promiseth remis-  
sion of sinnes. Also graunt that  
receiuing

receiuing this thy Sacrament, I may put off the olde man, which is corruption, according to the lusts of error, and bee renewed in the spirit of my minde: and put on the newe man, which after God is created in righteousnesse, and holinesse of truth: & though by nature, I cannot liue without spottedtes of sinne, yet so bleesse mee, that I may neuer willingly offend thee, but altogether depend vpon thy goodnesse: and as a true penitent sinner, repenting of my sinnes, I may approach to thy heauenly Supper. O Christ which of thy vnspeakeable loue, tookest our flesh vpon thee, and diddest become a sacrifice & ransom for all mankind, and ordainedst this Sacrament of thy supper: vnto thee doe I cry, beseeching thee, from the bottome  
of

of my heart, that it may please thee, to giue mee grace with an earnest desire, and due reuerence, to receiue thy supper, and thirstingly to seeke for the nourishing of my soule. Lift vp my minde, that in feare and trembling, in faith, and spirituall comfort, I may approach to the receiuing of thy precious bodie and bloud, stirre vp in mee, an vnfained desire of this heauenly foode, that from thee the bread of life, and fountaine of saluation, I may receiue vitall iuyce, to the quickening of my soule. O most sweet bread heale thou my soule, that I may taste the sweetnesse of thy loue: heale my infirmities, that I may delight onely in thee: let my heart eate thee, and with thy sweete fauour replenish the bowels of my soule. O come into  
my



my heart, and purge mee from all my finnes: enter into my soule, heale and sanctifie mee within, & without, Graunt that I may alwayes worthily receiue this blessed Sacrament, and memoriall of thy death according to thy holy ordinance, that it may increase in mee all goodnesse. Be thou the buckler, and perpetuall defence of my soule and body, that I may come vnto thy kingdome, where I shall beholde thee face to face: whether Lorde for thy mercies sake bring me, Amen.

*A thankesgiuing after the receiuing of the holy*

*Communion.*

**O** Iesus Christ which hast vouchsafed spirituallly to giue mee these holy mysteries of thy

thy bodie and bloud, mortifie  
whatsoever is euill in me, & gar-  
nish me with thy graces, and ver-  
tues: renew my spirit, my soule,  
and my bodie, with thy excellent  
grace. Frame me after thy owne  
hearts desire, and graunt that I  
may thinke, speake, doe, and de-  
sire all thinges that may please  
thee. Purge my conscience from  
dead workes, to serue thee, the  
living God. I thanke thee, with  
all reuerence of mind, for bidding  
me a miserable sinner, vnto the  
participation of thy holy supper,  
and the receiuing of all celestiaall  
riches, whereby thou bestowest  
on me particularly, all the merits  
and good thinges which by thy  
death thou hast purchased for me  
that I may be a partaker and sel-  
low heire of eternall blessednesse.  
O sacred banquet, where my  
soule

soule receiued such heauēly dainties to comfort the soule, and refresh the inward man : I humbly beseech thee by thy most sacred bloud-shed for me, giue me grace that participating of this visible Sacrament, I may find, and feele in my heart, the visible working of thy heavenly grace, that as this is some refreshing to my body, so it may be a spirituall medicine for my soule. Raise vp in mee by this blessed Sacrament, a continuall remembrance of thy bitter passion. Make mee retaine it in my mind as a sufficient ransom of my redemption, let mee neuer doubt of the forgiuenesse of my sinnes : and as often as Sathan assaileth me with his deadly temptations, giue mee grace to runne to this Sanctuarie, as to a strong armour of defence : so that no tribulation

bulation, anguish, nor persecuti-  
on, nakednes, perils, sword, life,  
or death, seperate me from christ  
my head, whereuppon beeing  
made fast by thy holy sacrament  
receiued, I (as a liuing member)  
depend: and let me know, that  
I am fed & refreshed by thy flesh  
and precious bloud, that washed  
therewith, I giue not my selfe  
heareafter to carnall pleasures:  
but liue in all sinceritie, and  
truth, as it becomneth those  
that eate of the immaculate pas-  
call Lambe. And I beseech thee  
by thy bitter death, stirre vp my  
minde, that by often receiuing  
this thy holy institution, I may  
consider howe bitter a death,  
thou diddest suffer for mee, and  
how great thy loue was, that  
made thee to take so shamefull a  
death for the redemption of  
mankind

mankinde: and continually, to  
yeelde thee hearty thanks for  
the same. O sweet Iesus grant if  
I sinne thorowe frailtie, that I  
may by and by, come vnto thee  
by repentance: and beeing by  
this hely misterie, fast linked vn-  
to thee, I may receiue power and  
strength from thee to resist sinne  
suffer mee not to be seperated  
from thy church: but grant, that  
I may be without fault, and com-  
mit no sinne, but walke worthie  
this sacrament: renouncing the  
deuill, all idolatrie, vices and car-  
nall desires. Let me not feare to  
suffer, and giue my life for the  
glory of thy name, that I bee ne-  
uer seperated from thee. Giue  
mee grace that laying aside all  
wrathfullnes, maliciousnesse, and  
enuie, I may forgieue every one  
as thou hast forgiven me, Giue

L

me

meegrace, that participating of  
the bread of eternall life, I may  
bee replenished with the fruition  
of thy blessed ſight, in thy cele-  
ſtiall paradise for euer. And at  
my reſurrection from death, ap-  
poynt me a place. O mercifull  
**L O R D** at thy heauenly table,  
where I may taſte the newe wine  
in the kingdome of thy father,  
abiding with thy elect angels, &  
blessed Saints, for euermore. A-  
men.

*A prayer to make ſtrong his faith,  
againſt temptation, and may  
bee ſayd by a ſicke  
perſon.*

**O** Lord Ieſu, the onely ſtay  
and defence of my immor-  
tall ſtate: my onely hope, and  
ſaluation: my glorie, and my  
triumph: who in the fleſh, (which  
for

for my sake thou tookest vppon  
thee) diddest suffer thy selfe to be  
tempted of Sathan, and who one  
ly and alone, diddest overcome  
and vanquish sinne, death, the  
world, the deuill, and all the king  
dome of hell for me, and for my  
behalfe: and it is thy pleasure that  
I should keepe battell with those  
euils, of purpose to reward me  
with a crowne of glory for it.  
Giue mee I beseech thee O Ly-  
on most victorious strength  
against the roaring Lyon, which  
continually wandreth vppe and  
downe, seeking whom hee may  
deuoure. Thou being the serpent  
that was nayled on high, the true  
giuer of health, giue vnto mee  
thy wisdom, to withstand the  
wayting of the most subtle ser-  
pent. Thou being a Lambe, as  
white as snowe, the vanquisher

of Sathans tyrannie, giue vnto mee, one of thy sheepe, the strength and vertue of thy spirit, that thorow thy force, and valor I may withstande and ouercome all assaults of the deuill, that my Ghostly enemy may not glory ouer mee, but that I may conquer him thorow thee, and giue thanks vnto thee: which euer helpest those that trust in thee. My soule O Lorde, longeth for thy saluation, and I haue a good and sure hope therein. O when wilt thou comfort mee a sinner, that doe giue, & submit, my selfe full and whole to thy most blessed will. I commit my selfe vnto thy mercy. Therefore I knowe I shall not perish. I beseech thee most mercifull Lord Iesus Christ that thou wilt by thy grace, both now and ever, make strong my  
soule



soule against all temptations, and  
couer and defend mee, with the  
buckler of thy mercies against  
all the assaults of the deuill. I ac-  
knowledge that in my selfe,  
there is no helpe of saluation, but  
the hope, trust and confidence,  
of my saluation, is in thy most  
mercifull goodnesse. I haue no  
goodnesse in mee, but am full of  
euill, yet I trust, and faithfully  
beleecue, that thou wilt make mee  
good, forgive me my sinnes, and  
make me an inheritor of thine  
euerlasting kingdome. O mer-  
cifull Lord, thou wast borne,  
thou diddest hunger, and thirst,  
fast, and pray, thou diddest suffer  
griuous paynes, thou gauest thy  
most precious body to die, & thy  
bloud to be shed, for my sake: let  
these thinges, O most mercifull  
Saviour, saue me: let thy bloud

clense, and wash the spottes and  
foulenesse of my sinnes: let thy  
righteousnesse couer, and hide  
my vnrighteousnesse: let thy  
passion and bloud, be a satisfacti-  
on for my sinnes. Take mee  
O Lord vnto thee, and giue mee  
thy grace, that my faith wauer  
not, but be euer firme, and con-  
stant: that the hope of thy mer-  
cie, and life euerlasting, neuer  
decay in mee: that charitie waxe  
not colde in mee, that the weak-  
nesse of my flesh, bee not ouer-  
come with the feare of death.  
And vouchsafe O Lord, to send  
mee patience, and sufferance,  
that I may stedfastly con-  
tinue vnto the end: and  
after liue with thee  
in eternall glo-  
ry, Amen.  
(.:.)

*A prayer for a sicke person.*

**L** Aud honour and thanks be  
giuen to thee, most mercifull  
Lord Iesus Christ, for thy  
holy incarnation, thy paines, and  
bitter passion. I knowe thou art  
my redeemer and Sauour. I be-  
leeue thou hast overcome sinne,  
death, hell, and the deuill, so as  
they cannot hurt me. On thee,  
doe I builde, in thee is my  
trust and comfort. O Lord bee  
propitious and mercifull vnto  
mee according to thy great mer-  
cies. Leauē mee not O Lord, in  
distresse, but deliuer mee from all  
euill: strengthen and conduct  
my soule, in the great iourney  
that it is to goe, and thorow thy  
mercie, forgieue me all my sinnes,  
and graunt mee euerlasting life.  
I haue no merittes, nor good

workes, which I may alleage before thee, but of euill deeds, and finnes I haue many: yet I trust thorow thy mercy, to be among the number of them that shall be saued, to whom, thou wilt not impute their finnes, but take the to euerlasting life. O most mercifull God, which according to the multitude of thy mercies doest put away the sins of those which truly repent, that thou remembrest them no more, open thy eyes of mercy, and looke vpon mee thy sicke seruant, and pardon and forgiue mee, I most earnestly desire thee, all my sins: renewe in mee most louing father, whatsoeuer hath beene decayed by sinne, by the fraud and malice of the Deuill, or by my owne carnall will, and frailtie, preserue and continewe mee in  
the

the vnitie of the Church: consider my contrition, accept these my prayers and teares, assuage my paine, as shall bee seene to thee most expedient for mee: and for that I put my full trust onely in thy mercy, impute not vnto mee, I beseech thee, my former sinnes, and offences, but pardon and forgiue mee, and take mee into thy fauour, thorow the merits of Iesus Christ. I belecue onely in thee, and thy incomparable mercy, and this faith O Lord: will I die in: keepe mee that I shrinke not from thee, thorowe payne, smart, impatience, temptation, or any thing else, but strengthen and increase my faith: that sinne, death, hell, and the deuill hurt mee not, for thou art stronger and mightier then they and in thee doe I trust. *O pittifull*  
L 5. *philition.*

physition, and healer of soule and body, let mee not bee confounded in sinne, but vouchsafe to cast thy mercifull eyes vpon mee a poore and sinfull creature, who am bound and captiue with sickness: turne my weakenesse to thy glory, and my health and comfort: and graunt that I may so long as I liue, with a true and perfect faith, fight manfully against all temptations, of sinne, the flesh, the world, and the deuill, & after this life raigne with thee in eternall glory, for euer, & euer, Amen.

*A Prayer for a sinner, to be sayd  
at the houre of death.*

**O** Lord Iesus Christ, which art the onely health of all men liuing, and the euerlasting life

life of them that die in thee: I  
wretched sinner, doe submit my  
selfe wholly vnto thy most blef-  
sed will. And beeing sure that  
the thing cannot perish, which  
is committed vnto thy mercie,  
willingly now I leaue this frayle  
and sinnefull flesh, in sure hope  
thou wilt in better wise, restore  
it to mee againe, at the latter day,  
in the resurrection of the iust. I  
beseech thee Lord Iesus Christ,  
that thou wilt by grace make  
strong my soule against all temp-  
tations, and defend mee with the  
buckler of thy mercie, against all  
the assaults of the deuill. I see in  
my selfe no helpe of saluation but  
all my trust is in thy rich mer-  
cie and goodnesse: I haue no  
merit, which I may alledge bee-  
fore thee: of sins and euill deedes:  
alas I see a great heape, but I  
trust

truſt through thy mercy, to bee  
one of them that ſhall bee ſaued  
and to whome thou wilt not im-  
pute their finnes, but wilt ac-  
cept and take mee for iuſt, and  
make me an inheritour of euer-  
laſting life. Thou gaueſt thy  
body to die, and thy blood to bee  
ſhedde for my Sinnes: let that  
thy blood cleanſe and waſhe a-  
way all my ſpottes, Sinnes, and  
offences and bee a full ſatiſfacti-  
on for all my finnes. Let not my  
faith wauer, but bee firme and  
conſtant in thee, and in the hope  
of thy mercy, and life euerlaſting:  
and let not the weakenefſe, of  
my fleſh bee overcome with the  
feare of death, but grant O moſt  
mercifull father, that when death  
haſt ſhut vp the eyes of my bo-  
die, my ſoule may ſtill behoulde,  
and looke ypon thee, and when  
death



death hath taken away the vse of  
my tongue, and speech, my heart  
may cry and say, O Lorde into  
thy handes I giue and commend  
my soule, and with thy holy  
Martyre Stephen, I may behold  
thee in soule, and say Lord Ie-  
sus receiue my soule vnto  
thee, which liuest and  
raignest God euerla-  
sting, with the Fa-  
ther and the ho-  
ly Ghost A-  
men.

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EXHORTATION  
TO FORSAKE  
the world.



Take (good Christian) the memorie of death for thy perpetuall Phere, and vnseperable spouse. Let thy children bee bitter sighs of a sorrowfull soule, possesse thy body as thy bondman, fasten thy friendship with the celestiaall powers, they will be patrones vnto thee in thy finall passage: rememb- you are in the wayning, and the date of your Pilgrimage is well neere expired, and now it behooueth you to looke towarde your countrey:

countrey: your force languisheth,  
your senses impaire, your bodie  
droupeth, and on euery side the  
ruinous cottage of our faint and  
feeble flesh threatneth fall. And  
hauing so many harbengers of  
death, how can you but prepare  
for so dreadfull a stranger, the  
yong may die quicklie, but the  
elde cannot liue long. The yong  
mans life by casualtie may bee a-  
bridged, but the olde by no phi-  
sicke can bee preserued. Greene  
yeares must thinke of the Graue,  
& the thoughts of old age should  
alwayes dwell in the same. Bee  
mindfull of things passed, carefull  
of things present, and prouident  
for things to come. Vse the pri-  
uiledge of nature to the benefite  
of your soule, bee wise in well do-  
ing, and watchfull for your ende,  
serue not the world, for it can giue  
nothing.

nothing that is good and permanent, but of pride, enuie, lechery, hate, ire, malice, folly, and all euill things infinit, where man is defiled with sinne, disquieted with troubles, oppressed with labour, vexed in temptations, overcome with vaine delights and pleasures of the world, and miserably wrapped in many calamities. It is an Embassador of the euill, a scourge of the good, a tyrant of the vertuous, a breaker of peace, a friend of war, a sweete of vices, a gause of vertues, a friend of lies, an inuenter of nouelties, a trauell to the ignorant, a hammer for the malicious, a table of glutons, a furnace of concupisence, a perill of the heart: daunger of the thoughts, a sepulcher of the dead, a prison of the liuing, a pitfall to the rich, a burthen to the poore: a house of Pilgrimes,

Pilgrimes, a den of theeuës, a slanderer of the good, a renower of the wicked, a deceiver of all. We haue no cause to loue the worlde, for it gaue vs an vnhappie welcome, a hurtfull entertainment, and will abandon you with an vnfortunate farewell. Also it doth torment vs, expell vs, & consume vs, and heauen doth comfort vs, keepe vs, exalt vs, reioyce vs, and eternally continue vs. You haue long sowed in a field of flint, which could bring forth nothing but a crop of care and affliction of spirit, rewarding your labours with remorse, and affording for your gaine eternall dammage; it is time to leaue so vnthriving a husbandrie, and to sowe in Gods field the Seedes of Repentant sorrow, and water them with the teares of humble contrition, so shall you reape

reape a more beneficiall haruest,  
& gather the fruits of everlasting  
comfort. Thinke your spring is  
spent, your summer ouerpast: you  
are arrived at the fall of the leafe,  
and winter colours haue stayned  
your hoary head. Though our  
louing Lord beare long with of-  
fenders, yet he will scourge, and  
his patience is onely to send vs re-  
spite to repent, not leasure to sin.  
Hee that is tossed with many  
stormes, and cannot come to his  
desired port, maketh little away,  
but is much turmoyled: so he that  
passeth many yeares and purcha-  
seth small profite, hath a long be-  
ing, but a short life. For life is  
more to be measured by vertuous  
actions, then number of dayes.  
Some men by many dayes pro-  
cure many deathes, and others in  
a short space attaine life everla-  
sting.

sting. What is the bodie without the soule but a corrupt Carcase? and what is the soule without God but a sepulcher of sin? Man was made and sent hither, to no other purpose, but onely to serue God in this life, and to enioy heauen, and life euerlasting in the worlde to come. If our end be the kingdom of heauen, why effect we so much the earth, If we were made for God, why seeke we greedily the fauour of worldly men? If our creation bee eternall saluation, why follow we vanities, and temporalities of this life? If our inheritance bee to raigne as Kings in heauen, why doe we like *Esaue* sell away our birthright for vanities, before we haue it, and why liue we like seruile slaues, in danger to be deuided from God & his Angels, from our Sauour Christ, and the  
com-



communion of Saints, from hope of our inheritance, our celestiall portion, and life everlasting? If God be the way, the life, and the truth: he that goeth without him strayeth, hee that liueth without him dieth: and he that is not taught by him erreth. God is our true and chiefe life, from whom the reuolting is falling, vnto who the returning is rising, in whom the staying is sure standing. God is hee from whom to depart is to die, to whom to repaire is to re- uiue, in whom to dwell is to liue. Be not you like those, that begin not to liue, till they be readie to die, and then after a foes desert, come to craue of God a friends entertainment, not in time looking for their saluatiō, but liuing like the three worldly fooles, the couetous as he in the gospell, who  
had

had layd vp for many yeares, and that night had his soule taken from him, the voluptuous as *Sardanapalus*, who perished in the midtt of his pleasures, the proud or fantastickall, whom the deuill ouercometh, cyther with delights or pride in themselves, who disdaines his superiors, because they are better then himselfe, his equals, because hee is as good as they, his inferiors, because they are not so good as himselfe. Some thinke to snatch heauen in a moment, which the best scarce attained in many yeares, and when they had glutted themselves with worldly delights, they woulde iumpe from *Dines* his dyet, to *Lazarus* crowne, & from the seruice of Sathan to the solace of a Saint. But be sure that *God* is not so penurious of friends, or his Kingdome

domes saleable for the refuse and reuerſion of thire liues, who haue ſacrificed the principall thereof to his enemies, and their owne brutiſh appetites, then onely ceaſing to ſinne, when abilitie of offending is taken from them: what thanke is it to pardon our enemies, when wee cannot hurt them To giue away our goods when we can keepe them no longer? To abandon our pleasures when we can vſe them no more? to forſake ſinne, when ſinne leaueth vs? God may be mercifull at the laſt gaspe, but miſerable is that man that layeth the Anchor of his eternall wealth or woe vppon ſo vncertaine a point.

The theefe may bee ſaued on the croſſe, & mercy found at the laſt, yet it is ſcarce credible that his death ſhoulde finde fauour,  
whole

whose life earned wrath, or that his repentance should bee accepted, that more for feare of Hell, and loue of himselfe, then for loue of God or lothsomnesse of sinne, cryeth for mercy : wherefore make no delay, but beeing neere the breaking vp of your mortall house, before extremitie, take time to satisfie Gods Iustice. Though you suffered the the bud to bee blasted, the flower to fade, the fruite to perishe, the leaues to drie vp, the bowes to whither, and the bodie of the tree to grow to decay : Yet keepe life in the roote, for feare least the whole becom fewell for Hell fire, for where the tree falleth there it lieth, and such sappe as it bringeth, such fruit shall it beare. Imagine that death hath filed from you the better part of your naturall

rall forces, and left you the lees of  
your dying dayes: therefore ran-  
some your former losses. You are  
impathed in your finall voyage,  
and not farre from the periode  
of your course, be not therefore  
dispurueyed of such things as are  
needfull in so perilous a iourney.  
Men in this life labour much to  
get worldly thinges, they doe  
carefully begin them, well prose-  
cute them, and effectually ende  
them: but of the great affaيرة of  
winning heauē, or falling into hel,  
there is had no respect; Neither  
do they remember, that there is a  
hel for sinners, a heauen for good  
liuers, a dreadfull day of iudgmēt,  
& a most straight account to bee  
made: Death it selfe is very feare-  
ful, but much more terrible in re-  
gard of the iudgmēt, wherunto it  
sumoneth vs. If you were layed on  
M your

your departing bed, wearied and  
worne with dolor & paine, burde-  
ned with the heavy load of your  
former trespasses, goared with the  
prick and sting of a festred con-  
science: if you felt the force of  
death wrestling your heart strings  
readie to make the rufull diuorce  
betweene bodie and soule: if you  
lay panting for breath, sweating  
a farall faint and mortall sweate,  
wearied with strugling against  
deadly panges. O how much  
would you giue for a dayes con-  
trition, or an houres repentance?  
Then worldes woulde bee worth-  
lesse in respect of a little respight.  
Nothing woulde bee so much e-  
steemed as a trice of time, which  
now by months and yeeres is la-  
uishly mispent. O how deeply it  
woulde wound your hearts when  
looking backe into your life, you  
found

*for sake the World.*

found many faultes committed,  
and not repented, many good  
deedes omitted and not recover-  
ed, your seruice to God promised  
and not performed. How incon-  
solable were your case, your  
friends being fled, your senses  
frighted, your thoughtes ama-  
zed, your memory decayed, your  
minde agast, and no part able to  
performe that it should, but only  
your guiltie conscience pestered  
with sinne, that would continual-  
ly accuse you, what woulde you  
doe, when stripped out of mor-  
tall weede, and turned out of ser-  
uice and houseroome of this  
world, you were forced to enter  
into vncouth and strange pathes,  
& with vnknowne and vgly com-  
pany, to be conuented before a  
molt seuerer Iudge, carying in  
your owne conscience your in-

ditement readie written, and a perfect Register of all your misdeedes, when you should see our Sauour Christ (a iust and seuererudge whose knowledg is infallible, his power infringible, his iustice inflexible) ( of exceeding dreadfull Maiestie, cloathed in linnen apparell, through which his bodie shineth like precious stones, his eyes like burning Lampes, his face like flashing lightning, his armes and legs like enflamed brasse, his voyce as the shoute of a multitude of people ) prepared for your idle wordes, euill deedes, time mispent, talent euill gouerned, and for your sins committed, to passe the sentence vppon you, against whom you had transgressed, and he your vmpire whom by many offences, you had made your enemy, when you  
shall



shall see all things cry for vengeance against you, all thinges yeelde you cause of feare and horror. Aboue you, the Iudge offended with you for your wickednesse and offences: Beneath you, Hell open, and the cruell furnace readie to receiue you; on your right hande, your sinnes accusing you; on your left hand, the deuils standing ready to execute Gods euerlasting sentence vpon you: within you, your conscience accusing, without you, damned soules bewayling, on euery side the worlde burning, and you stand as a most desperate, forlorne, and miserable wretch, to receiue the fearefull and irrecouerable sentence: when not onely the Deuiles, but also the Angels shall pleade against you, and your selfe maugre your selfe,

felfe, bee your sharpest appeacher: what would you do in these dreadfull exigents, when you saw the gasty dungeon and huge gulfe of Hell breaking out with most fearefull flames? when you saw the weeping and gnashing of teeth, the rage of these hellish monsters, the horror of the place, the rigour of the payne; the terror of the company, and the eternitie of all these punishments? where the fire is vnquenchable, the paines vnſupportable, easelleſſe, endles, and hopeleſſe. Our fire may bee indured, that is intolerable; Ours is for comfort, that for torment? ours muſt bee fedde or it goeth out, that burneth continually without feeding: ours giueth light, that none: ours conſumeth the matter, and endeth the paine, that tormenteth, but

but neuer consumeth, to make  
the payne perpetuall: Our fire  
will be extinguished with water,  
or cooled with ayre, but nothing  
can extinct it, abate it, or qualifie  
it: ours is but paynted in regard  
of that. There idle persons shall  
be pricked with burning forkes.  
Gluttons tormented with hunger  
and thirst: Epicures and volup-  
tuous persons shall boyle in bur-  
ning pitch, and stinking brim-  
stone: the proud shall haue  
shame, the couetous miserable  
penury, where there is no rest nor  
comfort: the poore and meeke  
shall triumph, and proud shake,  
then shall the wicked sigh, and  
the memorie of miserie be sweet,  
the godly shall reioyce: the repro-  
bate houle: then shall base ap-  
parell bee glorious, and proud  
attire infamous: the poore cot-

tage shall bee more commended  
then the gilded palace prayed,  
simple obedience shall bee better  
then subtiltie, and a cleere con-  
science more pleasant then pro-  
found Philosophie, zealous pray-  
er shall bee more worth then fine  
tales, good workes more accep-  
ted then sweete wordes. Would  
you then thinke them wise that  
delay so waighty matters, and  
idly played away the time allot-  
ted to prevent these intollerable  
calamities, would you then ac-  
count it secure to nurse in your  
bosome, so many Serpents as  
finnes: or to foster in your soule  
so many malicious accusers, as  
mortall faultes: would you not  
thinke one life too little to make  
repentance for so many iniquities  
the least wherof is enough to cast  
you into euerlasting and vnspea-  
keable

keable torments? On your bodie  
you shall experience those dead-  
ly agonies, in your soule you shall  
finde those terrible feares, and in  
that present estate the deepest  
daunger, if you doe not the soe-  
ner returne vnto *God*. Then de-  
votē the remnant of your dayes  
to make an atonement with *God*  
and to free your conscience from  
such corruption, as by sinne you  
are fallen into. What haue you  
gotten by being so long a custo-  
mer vnto the *World*, but false  
ware, sutable to such a marchants  
shop, whose traffique is toyle,  
wealth, trash, & gaine miserable,  
what interest haue you reaped  
that may equall your detriements  
in grace and vertue? or what in a  
vale of teares can you finde pa-  
rageable to the fauour of *God*.  
Let not youthfull passions delude

you, for time tries them follies.  
Let not feare mislead you, for  
there is more cause to feare  
**GOD** then man, and to stande  
in awe more of perpetuall then  
Temporall punishmentes. Who  
would relie eternall affayres vpon  
the gliding slipperines of vncer-  
taine life? or who but one of dis-  
tempered wit would offer fraude  
to the discipherer of all thoughts,  
with whome wee may dissemble  
to our cost, but to deceiue him it  
is impossible. Will you account  
it cunning, to rob the time from  
him, ( and bestowe it vpon his e-  
nemies ) who keepeth tale of the  
least minuts of our life, and will  
examine in the end how each mo-  
ment hath beene imployed; It is  
preposterous policie to fight  
against God vntill our weapons  
be blunted, our forces consumed,  
our

our limmes impotent, our best spent, and when wee are faine for faintnes, and fought our selues almost dead, to presume of his mercy whom we haue so much offended. It were a strange and exorbitant course while the ship is sound, the Pilot well, the saylors strong, the gale fauourable, and the Sea calme, to lie idle at rode, losing so seasonable weather, and when the shippe leaketh, the Pilot sicke, the mariners saynt, the stormes boystrous and the sea turmoyled with outragious surges, then to lanch forth, hoist sayle, and sett out for a farre voyage. Such are our euening repenters, who in the soundnes of health, and perfect vse of reason, cannot resolue to cut the Cables, and weigh the Anchors that houlde them from God, but when  
their

their senses are astonied, their wittes distracted, their vnderstanding dulled, and both body and minde tormented with gripes of mortall sicknesse then will they thinke on these waightiest matters and become suddaine saints that are scarce like reasonable creatures. How can one amated with inwarde garboiles of vnsettled conscience, distrained with fits of dying flesh, maimed in all his habilities, and circled with so many strange incumbrances, be fit to dispose of his chiefeest Iewell his soule, and to dispatch the whole mannage of all eternitie and treasure of heauen, in so short a spurt; they that will loyter in seede time, and begin to sow when others reape. They that will ryot in health, and cast their accounts when they cannot speake, they  
that



that will sleepe in the day and journey in the night, let them blame their owne folly if they die in debt & fall headlong into eternall perdition.

Let the griefe of the sore be the measure of your sorrow. Let a deepe wound haue a diligent cure let their contrition be according to their crime, & their repentance like their sinnes. We must passe the day in mourning, the night in watching and weeping, our whole time in dolefull lamenting, full prostrate on the ground, humbling our selues in sackcloath and Ashes. Not euery short sigh will be a sufficient satisfaction, not euery knocke a warrant to get in: many cry, Lord, Lord, and are not accepted. The foolish Virgins knocked, but were not admitted, *Judas* had sorrow, yet died desperate.

desperate. Linger not off thy con-  
uerſion from day to day, for ſo-  
dainely will his wrath come and  
deſtroy thee. Let no man ſoiorne  
long in ſinfull ſecuritie, nor put  
ouer his repentance, till feare in-  
force him to it. Let vs frame our  
beginning, as we meane to ende,  
and endeuour to liue, as we deſire  
to die. Shall wee offer the maine  
crop to the Deuill, and leaue *God*  
the gleaning; Shall we gorge the  
Deuill with our faireſt fruits, and  
turne *God* to feede on the ſcraps  
of his leauings, If hell fire were  
prepared for the Deuill, and the  
kingdome of heauen for man, let  
vs then provide for our ſelues, &  
not looſe our inheritance by per-  
ſiſting in ſinne. So long as we liue,  
it is poſſible by vnſained repen-  
tance, to waſh away all our ſins,  
how great ſoeuer, but when we are  
dead,

dead, albeit our teeth doe gnash,  
our mouthes cry out, our eyes  
gush forth teares, and our hearts  
from the very bottome of our  
hearts, lament with innumerable  
complaints, it ſhall not auaille vs,  
no man ſhall heare vs, no man  
ſhal aſſiſt vs, nor ſo much as com-  
fort vs, then thou ſhalt finde, that  
thou haſt loſt all thy labour and  
time, & all opportunitie of thine  
owne commoditie: Thou ſhalt  
then find thy error vnrecouera-  
ble, thy puniſhment vnſupporta-  
ble, thy repentance vnprofitable,  
and thy griefe, ſorrowe, and cala-  
mitie inconſolable.

O that we would ſuffer the ſoule  
(as ſhee ſhould) to haue the ſoue-  
raigntie, and the body follow the  
ſway of her directions, and not let  
ſeruite ſences, and lawleſſe appe-  
tites, rule her as ſuperiors, & make  
her

her a vassale in her owne Domi-  
nions, nor suffer her to be misled  
by her three sutors, the worlde,  
which promised all fayre things,  
and beautifull, but will serue you  
as *Laban* did *Jacob*, who promised  
him faire *Rachell* for his seruice,  
but deceiued him with bleere-eyd  
*Leah*: the flesh who pretendeth  
nothing but loue vnto her, but if  
it overcome her, it will betray her  
to her enemies, as *Dalila* did *Samp-  
son* vnto the *Philistines*: the deuill  
who wil promise her all the world,  
as he did *Christ*, but if he win her,  
he will deuoure and torment her:  
Doeſt thou not desire to haue all  
thinges good, as good houses,  
good furnitures, good apparell,  
good fare, good Cattell? Yea, &  
thy hose and shooes good? One-  
ly thy poore soule, thy principall  
charge (and of all things worthie

to be the best ) thou art content  
shall be the worst, & lie cankering  
and rusting in all kind of euilles.  
O vnspeakeable blindnesse, that  
refuse to weare an euill shooe, and  
doe not care to carry an vgly &  
deformed soule: alas let vs not set  
so little by that which God priset  
so much, nor rate our soules at so  
base a peniworth, being of so  
peerlesse dignitie.

If the soule bee so inestimable,  
that not all the gold and treasure,  
nor any thing of lesse price then  
the bloud and life of almightie  
God was able to buy it: if not all  
the dainties that heauen & earth  
could afforde, but onely GODS  
owne precious body, was deemed  
a repast fitte to feede it: if not all  
the creatures of this, or millions  
of new worldes, if they were, but  
onely the illimitable goodnesse  
and

and Maiestie of *God*, can satisfie the desire, or fill the compasse and capacitie of it (for who is so insensible, that findeth not the insatiation of his soule ) who but of peruerse will, incredulous mind, or pitiless spirit, would set more by the world, then his soules health, or suffer so Noble a Paragon, so many moneths and yeares, to lie channelled in ordure, and myred in all sinne : We will seeke a Phisition for our sicke seruant, haue a Leach for our diseased horse, & amend our torne garments, and we suffer our soules to die for want of cure, and seeing it mangled with many vices, neuer seeke to restore it to the wonted integritie. Is our Seruant more neere, our Beast more precious, or our coate more dearer then our owne Soule ? We liue like Epicures, we  
sinne

sinne like Athists, we struggle & striue against Gods callings, and like violent rebels, scorne his commaundements: and with daily and damnable woundes, barbarously stabbe our vnfortunate soules: This we account no contumely, we reckon it no discredit, but rather register it for our chiefest prayse: How long will you thus follow vanitie, and sins, running carelesly and wilfully vnto your owne ruine? Dare you not suffer a Spider or a Toad to come neere you, and can you nestle in your soule, so many Vipers as vices, and permit it to bee so long chewed, & wearied with the poysoned Iawes and Tuskes of the Deuill? Is our soule so vaine a substance to bee had in so little esteeme? Did Christ become a wandring Pilgrime, exiling himselfe

selfe from the comfort of his *God-head*, and passing thirtie three yeares in paine & penury for our soules: he suffered the tragedie of his passion bloudily inflicted, and patiently accepted, hee made his body as a cloud to dissolue into showers of innocent bloud, and suffered the dearest veynes of his heart to be lanced, to giue a full price for our soules redemption. If Christ did redeeme vs with so excessiue a ranfome, why sell wee our soules to the Deuill for euery vaine delight, and silly pittance of worldly pelfe? O that a creature of so incomparable a price, should be in the demaine of so vnnaturall keepers, and that which is in it selfe so gracious & amiable, that the Angels and Saints delight to behold it, should by sin bee made so loathsome, as to become a  
horroure



horroure to Heauen, and a suitly  
Pheere for the fowlest fiends?  
We must remember our soule is  
not onely a part of vs, & the most  
principall, but also the Temple,  
the Paradise, and spouse of al-  
mightie God, by him in baptisme  
garnished, stored, and endowed  
with most gracious ornaments.  
How will he take it to see his tem-  
ple prophaned, and turned to a  
denne of Devils? His Paradise dis-  
planted, and made a wilderness  
of Serpents? His spouse defloured  
and become an Adulteresse to his  
enemies? Durst wee offer such v-  
sage to our Princes; Would not  
the feare of the law and popular  
shame keepe vs from it, and shall  
not the reuerend Maiestie of al-  
mightie God, and the vnrebated  
Iustice of his angry sword, terrifie  
vs from offering the like to his  
owne

owne spouse: Will hee that keepeth account of our very hayres, see himselfe so much wronged in the principall, and passe it vnpunished. Remember it is a thing full of horreur, to fall into the hands of God, who is able to crush the proud spirits of the obstinate, and make his enemies his footestool. Wrestle not against the cryes of your owne conscience, but liue so as hee may willingly goe with you, and before the throne of God answer for you.

There was a man hadde three friendes, two whereof hee loued most intirely, the third hee made no great account of, this man being sent for before his king, came and desired his first friend to goe with him, but hee would not goe with him, but brought him part of  
his

his way : hee went to the second friend, and desired him to goe with him, but hee could not, but gaue him something for a remembrance : hee went vnto the third friend, of whom he made no account, or reckoning, and he went with him to the King, & answered for him in all matters whatsoever.

So man in the world being sent for by death, comes to his Wife, Children, or Friends to goe with him, but they will not, but bring him to his graue : then he desires his goods and substance to goe along with him : they cannot, yet they giue him a sheete : but his Conscience will goe with him, & answere for him before the throne of God. Haue therefore a care to keepe a good Conscience, and prouide aforehand, as this King  
of

of whom I tell you did.

There was a Countrey, where the Commons chose their King, and againe at their pleasure banished him into a farre Countrey, almost naked. One (more wiser then others) as soone as hee was chosen King, hee sent daily and continually something into the other Countrey, so when his owne people did banish him from them he was (having made a good preparation before) most Princely and royally receiued there.

So let vs provide in this World, that we may be ioyfully receiued into heauen; If you would auoyd vaine pleasures, cast away worldly cares, thinke on celestiall things, regard your saluation, and now in life lay vp treasure in Heauen, and provide to bee receiued into euermlasting ioy, what a quiet conscience

Science should you haue, what a ioy shuld you feele in your soule? Set then your mind on God, account your selfe a Pilgrime on earth, leaue the affayres of the World, for this is no abiding place. For small wages men runne farre, for little money men shamefully contend, and wearie themselves night and day, & for meane profite labour long: but for eternall life, goods immutable, reward inestimable, honour endles, and immortall glory, few wil take any paines, or step out of dores. God is the way inuolable, where in we must walke, the truth vnfaile, whereunto wee must trust, and the life euerlasting, whereunto wee must hope, therefore embrace mercy before the time of rigour, and returne by repentance, least he barre you his kingdome.

N

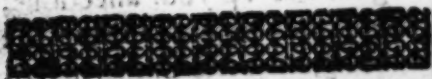
you

you haue beene too long in the  
 Tabernacle of sinners, and strayed  
 too far from the folde of *Gods*  
 flocke, turne the bias of your  
 heart, to the cittie of Refuge, and  
 your saluation, recompence your  
 steps trodden in folly with a zealous  
 progresse to Christian profession,  
 your spring-tyde is fallen, the  
 streame of your life runneth  
 at a low ebbe, your tired ship  
 be-ginnes to leake, and grate on the  
 grauell of your graue, it is hie time  
 to strike sayle, and put into harbour,  
 least some sodaine guff, and  
 the wicked weather of this time  
 dash you on the rocks of eternall  
 ruine, tender the pittifull estate  
 of your owne soule, and be here-  
 after fearefull of Hell, and more  
 eager of Heauen, then of worldly  
 repose. I must conclude, vntlesse  
 I be too tedious, in a matter that  
 deserves

deſerues to bee endleſſe, for the miſerie of the ſoule is ſo great if it fall, the reward is ſo exceſſiue if it ſtand, the enemies ſo malicious that aſſault it, the Iudge ſo iuſt that muſt proceed vppon it, that to rayſe it from the lapſe, and to preferue it from reciduation, no number of helpes can bee more then needfull, nor any perſwaſion more vehement then neceſſary.

Howſoeuer therefore the ſoft gale of your morning pleasures lulled you in ſlumbering fits: howſoeuer the violent heat of noone, might ſtirre vp your affections, yet in the coole and calme of the euening, retire to a Chriſtian reſt, and cloſe vp the day of your life, with a cleare Sun-ſet, that leauing all darkeneſſe behinde you, and carrying in your conſcience, the

light of grace, you may escape the  
 horreur of an eternall night, and  
 passe from a mortall day, to an  
 eueralsting morrow, which  
 the Lorde graunt for  
 Iesus Christ his  
 sake, Amen.





Perfwasion not to  
*feare Death.*



**M**AN was made  
to die, begot-  
ten to die, born  
to die, & came  
into the world  
to die, & none  
ought to desire to live. Nothing  
is more sure then death, nothing  
more vncertaine, then when,  
where, or how: none haue rea-  
son to regarde the world, where-  
in we haue nothing good & per-  
manent, but a vale of vanities and  
vexation of mind (*Quia nemo sua  
sorte contentus*) no man is content  
with his owne estate, it is a vitall  
N 3 laberinth,

laberinth, and confused *Caos*, affording vs nothing but fraud, folly, and fleshly sensualitie. All things in it offends vs, the fire burnes vs: the water drownds vs: the heate grieues vs: the colde hurts vs: the day is toyle some, the night vncomfortable, and we can endure no dolorous thing, so the time we liue in the world, cannot be accounted life, but a living death: Our wretched remaining here is such, that our time dayly diminisheth, and our trouble encreaseth. All that haue bin borne, are borne, or shall be borne, are in this life miserable, all crost with cares, some with losse of friends, some of children, some of goods, some opprest with foes, some abused with back-biters, and slanderers, their credite blemished, their reputation scandaled, and substance

substance consumed, and there is none but are with some thing disturbed: there is no calling so holy, nor place so solitarie, but you shall there finde troubles to trie you, and aduersitie to disquiet you: so there is no man from the King in his Throne; to the Captiue in Chaynes, but doth taste of misery, and many discontents. Who therefore (to free himselfe from worldly sorrowes) woulde feare, but rather desire death, which makes vs happy, for thereby wee auoyde the intollerable troubles on the earth, and enioy perpetuall blisse in heaven. Since then death is the ende of miserie, who would desire to liue euer in labours and perils? Death is nothing but a seuering of the soule from the bodie: and freeing it from the seruile bondes of the

vaine flesh, and remoouing vs from euill to good. Death is but the passing from this vale of tears to the place of al happy beatitude, in the celestially mansion, accompanied with holy Saintes, and heauenly associates, it is no loosing, but a changing of a badde place for a better : which euery one ought to desire.

*Prizmus* was blest with the kingdome of the famous citty of *Troy*, a good Wife, and fiftie Children, and had what ioyes might be desired, yet hee saw his Wife and Children slaine, his Citty sackt, and himselfe was killed at *Ioues* altar, how happy had hee bin if hee had dyed before those dayes, for in lieu of worldly troubles, hee had reaped eternall glory. Good men should imitate the Swanne, *Apolloes* bird, which in the worlde  
euer

ever mourneth, but when it is ready to dy ( as knowing the goodnes of death ) it singeth. As in sleepe our body is free from labours: so our Soule by Death is deliuered from all dolours. It is therefore good to die, but many dolefull dayes doe wee endure, before we find that happy houre wherein wee shall enioy all perpetuall pleasures. Wise men should not feare Death, for nothing is better than death: no life can bee longe and it is often by casualtie abridged. What more pleasing thing can there be then death, it doth wholly disburthen vs of all care; all grieve; all sollicitude, all sorrow, and freeth vs from all vexation whatsoeuer. The dead rest in a sure haven, and wee liuing sayle in a raging Sea. The good dyeth not, but liueth and

the euill liuing dieth ( and as the  
heathen Phylosophers sayde, all  
those that liue purely and iustly,  
and not contaminate themselves  
with sinne, eyther are made Gods,  
or goe ealie to the Gods. The  
dead haue rest in heauen and wee  
with the liuing haue payne and  
trouble in the World. It is there-  
fore a ioy to die, to bee deliuered  
from the thraldome of this sor-  
rowfull life, for they haue all the  
pleasures may bee inuented, that  
are out of this wofull world. Being  
here wee must die, and being in  
heauen, wee liue eternally, there  
is no payne but pleasure, no sor-  
row but solace, no sighing, but  
singing, no feare of death, but  
sure of euerlasting life, euer en-  
ioying such inestimable ioyes, as  
no eye hath seene, no eare heard,  
or heart comprehended. In this  
life

life we know not what glory meaneth, and after death, wee shall not know what paynes are. God knowes thole that serue him, those that offend him, those that loue him, those that hate him, those that prayse him, those that blaspheme him, those that thanke him; those that are vnthankfull: and is better pleased with obedience than sacrifice. There is nothing so good as the end of this life, for Death is the true refuge, the perfect health, the sure hauen, the full victorie, and finall finishing of all terrestriall troubles. It is a thing inheritable, an eternall sleepe, a dissolution of the body, a terror of the rich, a desire of the poore, a Pilgrimage vncertaine, a Theefe of men, a shadow of life, a Sepulcher of the living, a companion of the dead, a dissolution  
of

of all, the rest of trauellors, the end of idle desires and vaine delights, the scourge of euill, the reward of the good, the finall end of all flesh, of all those infinite numbers that are dead, none euer returned to complaine of Death, and of those few that liue, most complaine of life. There is no **K I N G**, Prince, Poore, Sicke, or whole, nor any vocation contented, but the dead in their graues are in peace and rest, and though we haue sorrow and vexation in life, yet we shall haue ioy and consolation after Death.

O happy are they that die well, for it is lesse euill to suffer a speedy Death, than endure a discontented life. For by death we are freed from mundane trauels, and enioy heauenly pleasures. There



is nothing in this life worthy of loue, nor any thing in death wee need to feare, as all things before the first day were eternall without day or yeere, so all things shalbe eternall after the Iudgement; as wee had nothing before our birth so we shall possesse nothing after our Death: what blindnes is it then to loue any thing in this life seeing wee can carry nothing with vs at our death? *Calimachus* living in all delights and reading *Platoes* Booke against death, cast himselfe into the Sea. *Cirneo* read such lessons to dispise death, that many of his hearers (beeing Heathens) killed themselves. *Diogenes* desired to die, but cared not for buriall, *Lamfatus* dying, was demanded where hee would be buried, hee answered; where they would; for the way to heauen was every

euery where, *Thezaminus* dyed with a worthy minde, for being commanded to Death by the thirtie Tyrants, hee tooke the poysoned cup and thirstingly drunke it off, and then laughing at them for so pleasuring him, said they made him happy by putting him to death. With the like mind dyed the worthy *Gracchus*. So dyed the famous *Spartane*, and greatly reioyced hee should bee dissolued from the bondage of the world. When it was told *Lucian* his son was slaine in the wars: hee reioycing, sayd, to that purpose I begot him. The like answer made the *Roman Matron*, when shee heard her sons were slaine, she not sorrowing sayd, I am glad I bore them to die so worthily for their countries.

*Cresphontus* ranne to his death

to deliuer his country: *Curtius* leapt into the gulfe to prelerue *Rome*. *Scenoka*, lost his hand to saue the *Cittie*. *Menecbus* killed himselfe to free his native soyle, so did *Hermistus*, *Codrus*, *Arastogiton*, *Epaminondas*, and diuers others. The Temple at *Delphus*, where the Oracle of *Apello* was, for want of reparations fell down to the ground, then *Triphon* and *Agamedo*, two Noble personages of *Greece*, wise and rich, aswell with the labour of their persons, as great expence of their goods, built the Temple againe. When it was fully finished, *Apello* sayde to them, hee well remembred their good seruice, and willed them to demand any thing in rewarde thereof, and it shoulde bee granted: They sayd, miserable man hath not power to eschew the

the

the euill, or chuse the good, and therefore they desired him to giue them the best thing might bee giuen to man and most profitable for them, *Apollo* sayde they should haue their demands, then they at the gates of the Temple fell downe dead, so the rewarde of their trauels was to take them out of the miserie of this life, Saint *Edward* King of England much reuerenced Saint *John*, and one day comming from Westminster fro seruice, a poore man came to him and desired him for Saint *Johns* sake, to giue him something, the King gaue him his Ring off his finger, within fewe dayes after, two Pilgrims comming from Ierusalem, within two miles of it, met a poore man, who asked them what countreime they were, they sayde Englishmen,

lishmen, hee then sayd to them  
when you come home, I pray you  
tell King *Edwarde*, that Saint  
*John* doth thanke him for the  
Ring hee gaue for his sake; and  
gaue them a Ring, and desired  
them to deliuer it vnto the King,  
and tell him, that Saint *John* sent  
it him, and the richest gift that  
could bee giuen to man, that is,  
the twelſe day after the receipt  
thereof hee ſhould be in heauen:  
the Pilgrims receiued the Ring &  
departed: by & by, they were ſo  
heauie, as they were enforced to  
lye downe & ſleepe: when as they  
awaked, they ſounde themſelues  
in another country, and deman-  
ding of a Shepheard where they  
were, found they were in Kent in  
England, then they went to the  
King, beeing Chriſtmas Euen,  
and deliuered the King the Ring,  
and

and the message, which the King received, fell sicke on Saint *Iohns* day, and dyed on Twelſe day. The *Greekes* had a custome, that when they offered any sacrifice, the Priests and officers of the Temple were carryed, for if their feete touched the ground, they might not offer sacrifice. It chanced that a holy Nun of the Goddess *Iuno*, going in her Chariot to the Temple, the Beastes that drewe it dyed, when shee was ten myles from the Temple, which her two sonnes *Clcobis* and *Biton* seeing, and knowing that their mother mult not goe on foote, & that there were no other beasts to be gotten, yoked themselues, and drew the Chariot with their mother to the Temple: every one prayſed them greatly for it, and sayde, they deserued to be recompenced

penced with great rewards. After the feaft ended, their mother defiring to requite their kindnetfe, with teares befcught the goddes *Inno*, to giue her children the beft gifts the Gods could giue to their friends, which the Goddelle promifed ſhee would doe before the next morning : they going to ſleepe at night, were the next morning both found dead, then their Mother bitterly wept, and complained of the Goddelle; the Goddelle ſayd, ſhee hadde no cauſe to complaine, for ſhee had giuen her that ſhee did demande, and I haue at thy inſtance giuen thy children ( quoth ſhee ) that which wee holde moſt deare, which is Death : for the greateſt reuenge wee take of our enemies, is to let them liue long, and the beſt thing wee can giue to our  
friends,

friendes, is to make them die quickly. For all of vs together taught king *Midas*, *Optimum est homini aut non omnino nasci aut quam primum mori*. It is the best thing for man either neuer to be borne or die very soone. Wee are heere strangers and inclosed as Prysoners in a Castle, but by death wee shall bee freely deliuered from thraldome, & goe to our owne Country. Seeing then Death is the best thing that can bee giuen to man; let vs haue care to craue it, and liue godly and vertuously, that wee may ioyfully haue it, to free vs from this place of imprisonment and seate vs in our euerlasting and heavenly habitation: whether good Lord bring vs all, Amen.

FINIS.





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